

NHSRA



COOKBOOK

This NHSRA Cookbook, 1979, is dedicated to the 14,000 high school rodeo contestants from 31 states and 2 provinces who love to rodeo and love good food.

These recipes may not have been laboratory tested, but their success has been established by a most critical test group -- cowboys and cowgirls.



My sincere thanks go to the artists who did such beautiful work to make this cookbook very unique. They are:

Mrs. Julia Adams, 9755 New Ave. Gilroy, Ca. 95020 -- Cover
David Samson, R.R.2, West Fargo, N.D. 58078 -- Breads and
printing

Amy Schlemmer, R.R.1, Box 121, Wood Lake, Mn. 56297 - Cakes
and Miscellaneous

Lisa Bowen, Box 1233, St. Cloud, Fl. 32769 -- Cookies and Meat

Jerry Mackey, Rt. 2, Box 127, Ignacio, Co. 81137 -- Camping
and Pastries

Leslie Aguillard, 3126 S. Bannock, Englewood, Co. 80110 --
Salads, Sandwiches, Vegetables

I also wish to thank all who took time to send recipes. Finally, a big thank you goes to all who buy this cookbook and thereby support the NHSRA Foundation as they help student-members with scholarships, grants, seminars and various kinds of assistance.

I have enjoyed putting this cookbook together and hope you all enjoy the unique experience of tasting food favorites from all over the United States and Canada.

Mrs. Don Rustad
Kindred, N.D. 58051
Cookbook Editor

RECIPE FOR A COWBOY OR COWGIRL

Becky Crawford, Pueblo, Colorado

1 c. common sense

1 1/2 c. love

1/2 c. justice

4 c. competitiveness

Mix together. Sift in 1 1/2 tsp. mutual confidence, 2 large portions sense of humor, beaten separately. Spice to taste with wit and nonsense. Bake in a moderate oven of warm approval. Ice generously with appreciation.

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IOWA FALLS, IOWA

1979 G

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Weights

and Measures



Standard Abbreviations

t. — teaspoon
T. — tablespoon
c. — cup
f.g. — few grains
pt. — pint
qt. — quart

d.b. — double boiler
B.P. — baking powder
oz. — ounce
lb. — pound
pk. — peck
bu. — bushel

Guide to Weights and Measures

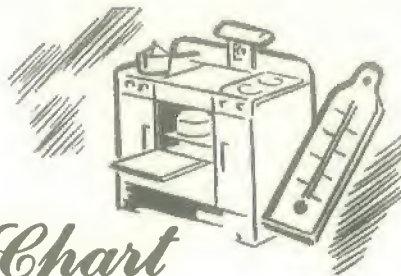
1 teaspoon = 60 drops
3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce
4 tablespoons = $\frac{1}{4}$ cup
 $5\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup
8 tablespoons = $\frac{1}{2}$ cup
16 tablespoons = 1 cup

1 pound = 16 ounces
1 cup = $\frac{1}{2}$ pint
2 cups = 1 pint
4 cups = 1 quart
4 quarts = 1 gallon
8 quarts = 1 peck
4 pecks = 1 bushel

Substitutions and Equivalents

2 tablespoons of fat = 1 ounce
1 cup of fat = $\frac{1}{2}$ pound
1 pound of butter = 2 cups
1 cup of hydrogenated fat plus $\frac{1}{2}$ t. salt = 1 cup butter
2 cups sugar = 1 pound
 $2\frac{1}{2}$ cups packed brown sugar = 1 pound
 $1\frac{1}{3}$ cups packed brown sugar = 1 cup of granulated sugar
 $3\frac{1}{2}$ cups of powdered sugar = 1 pound
4 cups sifted all purpose flour = 1 pound
 $4\frac{1}{2}$ cups sifted cake flour = 1 pound
1 ounce bitter chocolate = 1 square
4 tablespoons cocoa plus 2 teaspoons butter = 1 ounce of bitter chocolate
1 cup egg whites = 8 to 10 whites
1 cup egg yolks = 12 to 14 yolks
16 marshmallows = $\frac{1}{4}$ pound
1 tablespoon cornstarch = 2 tablespoons flour for thickening
1 tablespoon vinegar or lemon juice + 1 cup milk = 1 cup sour milk
10 graham crackers = 1 cup fine crumbs
1 cup whipping cream = 2 cups whipped
1 cup evaporated milk = 3 cups whipped
1 lemon = 3 to 4 tablespoons juice
1 orange = 6 to 8 tablespoons juice
1 cup uncooked rice = 3 to 4 cups cooked rice

General Oven Chart



General Oven Chart

Very Slow Oven — 250° to 300°F.
Slow Oven — 300° to 325°F.
Moderate Oven — 325° to 375°F.
Med. Hot Oven — 375° to 400°F.
Hot Oven — 400° to 450°F.
Very Hot Oven — 450° to 500°F.

Breads

Baking Powder Biscuits 450°F. 12 — 15 min.
Muffins 400° to 425°F. 20 — 25 min.
Quick Breads 350°F. 40 — 60 min.
Yeast Bread 375° to 400°F. 45 — 60 min.
Yeast Rolls 400°F. 15 — 20 min.

Cakes

Butter Loaf Cakes 350°F. 45 — 60 min.
Butter Layer Cakes 350° to 375°F. 25 — 35 min.
Cup Cakes 375°F. 20 — 25 min.
Chiffon Cakes 325°F. 60 min.
Sponge Cakes 325°F. 60 min.
Angel Food Cakes 325°F. 60 min.

Cookies

Bar Cookies 350°F. 25 — 30 min.
Drop Cookies 350° to 375°F. 8 — 12 min.
Rolled and Ref. Cookies 350° to 400°F. 8 — 12 min.

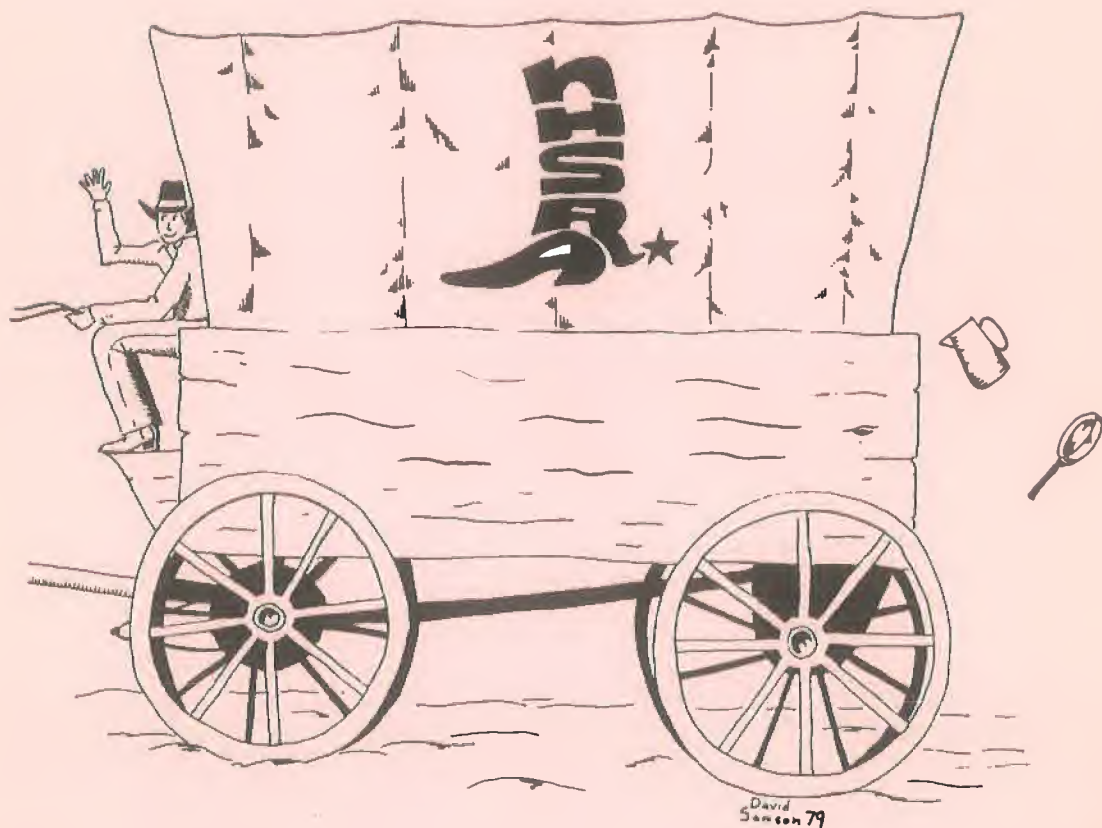
Pastry

Meringues 350°F. 12 — 20 min.
Pie Shells 450°F. 12 — 15 min.
Filled Pies 450°F. 10 min. lower to
350°F. 40 min.

Roasts

Beef Roast 325°F. Rare 18 — 20 min. per lb.
Medium 22 — 25 min. per lb.
Well done — 30 min. per lb.
Chicken 325°F. - 350°F. 30 min. per lb.
Duck 325°F. - 350°F. 25 min. per lb.
Fish Fillets 500°F. 15 - 20 min.
Goose 325°F. - 350°F. 30 min. per lb.
Ham 350°F. 20 - 30 min. per lb.
Lamb 300°F. - 350°F. 35 min. per lb.
Meat loaf 375°F. 60 min. for 2 lb. loaf
Pork Roast 350°F. 30 min. per lb.
Turkey 250°F. - 325°F. 15 - 25 min. per lb.
Veal Roast 300°F. 50 min. per lb.
Venison 350°F. 20 - 25 min. per lb.

BREADS



QUICK

CHRISTMAS FRUIT BREAD

Norma Brown - Rufus, Oregon

Cream together:

1/2 c. shortening

1 c. sugar

Add 2 eggs (well beaten). Add 3 bananas (mashed) Then add:

2 c. flour

1 tsp. soda

1/4 tsp. salt

Mix 1/4 c. maraschino cherries with 1/4 c. nuts and 1/4 c. chocolate chips. Bake in a loaf pan 1 hour at 350°. Makes 2 loaves.

CHOCOLATE ZUCCHINI BREAD

Mrs. Karl Richardson
Pasco, Washington

2 c. sugar

1/2 c. oil

3 eggs (blended)

2 c. zucchini (grated)

2 T. orange peel (optional)

2 c. sifted flour

1 1/2 tsp. soda

2 1/2 tsp. baking powder

1/2 c. cocoa

2 tsp. vanilla

1 tsp. salt

1/2 c. hot milk

1 c. chopped nuts

Dissolve the cocoa in hot milk, cool. Blend all ingredients together. Bake in bundt pan or 2 loaf pans at 350° for 1 hour.

PUMPKIN BREAD

Delpha Fairbanks
White River, South Dakota

3 c. sugar

1/2 tsp. baking powder

1 c. cooking oil

1 tsp. soda

3 eggs

1 tsp. cinnamon

2 c. pumpkin

1 tsp. cloves

1/2 tsp. salt

1 tsp. nutmeg

3 c. flour

Blend sugar and oil, add eggs and pumpkin. Sift dry ingredients and add creamed mixture. Bake in well greased tube pan for 1 hour and 15 minutes at 350°. May also bake in 2 or 3 loaf pans. Decrease baking time accordingly.

Endangered species: buffalo, bald eagle and an affordable rope horse.

PUMPKIN BREAD

Ronda Rustad
Kindred, North Dakota

1 1/2 c. corn oil	2 c. pumpkin (15 oz. can)
2 c. sugar	4 eggs
3 c. flour	2 tsp. vanilla
2 tsp. baking powder	1 c. raisins
3 tsp. cinnamon	1 c. chopped nuts
1 tsp. allspice	
1 tsp. salt	
2 tsp. soda	

Mix the oil, sugar, flour, baking powder, spices, salt, soda and pumpkin. Add eggs one at a time, beating well after each. Add vanilla and add nuts and raisins that have been dredged in 2 T. of the flour. Pour into greased and floured loaf pans and bake at 300° for 1 hour. May also be used as a cake, a powdered sugar frosting or creamed cheese frosting are good on it if served as a cake.

SOUR CREAM COFFEE CAKE

Lillian Wientjes
Mound City, South Dakota

1/2 c. oleo or butter	1/2 tsp. soda
1/4 c. shortening	1 tsp. salt
1 tsp. vanilla	Topping:
1 1/4 c. white sugar	1/2 c. chopped nuts
2 eggs	2 T. sugar
1 c. sour cream (cultured)	1/2 tsp. cinnamon
2 c. flour	

Cream the shortening and sugar. Add vanilla and 1 egg at a time, then the sour cream. Sift together the dry ingredients and add to creamed mixture. Place half the batter in a greased angel food pan. Cover with half the topping - add remaining batter and topping. Cut through several times with a knife to marbelize.

Bake 45 to 50 minutes at 350°.

OVERNIGHT COFFEE CAKE

Mrs. Nelson Mackey
Ignacio, Colorado

Mix and refrigerate overnight. Bake fresh for breakfast.	
2 c. flour	2/3 c. butter
1 tsp. baking powder	1/2 c. brown sugar
1 tsp. baking soda	2 eggs
1 tsp. cinnamon	1 c. buttermilk
1/2 tsp. salt	1 c. sugar

Continued on next page.

OVERNIGHT COFFEE CAKE (Continued).

TOPPING:

1/2 c. brown sugar 1/2 tsp. cinnamon
1/2 c. chopped nuts 1/2 tsp. nutmeg

Sift together flour, baking powder, soda, 1 tsp. cinnamon and salt. Cream the butter, sugar and 1/2 c. brown sugar until fluffy. Add eggs one at a time. Beat after each addition. Add the dry ingredients alternately with the buttermilk, beating well after each addition. Spread batter into a greased and floured 13 x 9 x 2 inch baking pan. Combine 1/2 c. brown sugar, nuts, 1/2 tsp. cinnamon and 1/2 tsp. nutmeg. Mix well and sprinkle this over the batter. Refrigerate 8 hours or overnight. Bake in 350° oven 45 minutes or until done. Cut in squares and serve warm.

BERRY CREAM COFFEE CAKE

Rhesa Newman - Las Vegas,
Nevada

1 (3 oz.) pkg. cream cheese 1/3 c. milk
1/4 c. butter or margarine Preserves of your choice
2 c. packaged biscuit mix

FROSTING:

1 c. sifted powdered sugar 1 or 2 T. milk
1/2 tsp. vanilla

For frosting mix the ingredients and drizzle over the coffee cake.

For coffee cake cut the cream cheese and butter into the biscuit mix until crumbly. Blend in milk. Turn onto floured surface, knead 8 or 10 times. Onto waxed paper roll dough to 12x8 inch rectangle. Turn onto greased baking sheet; remove paper, spread preserves down center of dough. Make 2 1/2 inch cuts at 1 inch intervals on long side. Fold strips over filling. Bake in 425° oven for 12 to 15 minutes.

COFFEE CAKE

Myrna Maffett
Ninety Six, South Carolina

Cook 1 box of raisins in 2 c. strong coffee until all the moisture is absorbed. Cream together:

2 c. sugar 1 c. Crisco

Continued on next page.

COFFEE CAKE (Continued).

Sift together:

4 c. self-rising flour 4 tsp. cake spice
2 T. cocoa

Add 4 eggs one at a time to sugar-Crisco mixture. Mix flour mixture. Add 2 tsp. vanilla and 1 qt. of pecans. Bake in well greased tube pan for 1 1/2 to 2 hours at 250°.

CHOCOLATE COFFEE CAKE

Sandy Gebhardt
Box Elder, South Dakota

2 c. white sugar 2 c. flour
3 eggs 3 T. cocoa
1/2 c. shortening 1 tsp. soda
Vanilla 1/2 tsp. salt
1/2 c. boiling coffee

Last of all add 1 c. boiling water.

QUICK COFFEE CAKE

Mrs. Ace Inghram
Faith, South Dakota

3 c. flour 1/2 c. melted fat or oil
1 1/4 c. sugar 2 eggs (beaten)
3 tsp. baking powder 1 c. milk
1/2 tsp. salt 2 tsp. cinnamon

Sift flour, 2/3 c. sugar, baking powder and salt. Add oil, eggs and milk - mix only until moistened.

Place in 13x9 inch pan. Combine the rest of the sugar and cinnamon. Pour over coffee cake and bake at 375° for 20 to 25 minutes.

REFRIGERATOR BRAN MUFFINS

June Edmondson --
Horseshoe Bend, Idaho

Combine:

3 c. sugar 3 tsp. soda
1/4 c. oil 4 c. all-bran
4 eggs 2 c. 100% bran

Mix and pour 2 c. boiling water over mixture, then mix some more. Add:

5 c. flour 1 qt. buttermilk

Mix well and pour into a wide mouth gallon jug. This will keep in the refrigerator for 2 weeks. It never lasts that long around our place. Bake 400° 15 mins.

DELICIOUS MUFFINS

Wendy Alexander
Osseo, Wisconsin

2 c. flour	3/4 c. milk
1/2 c. sugar	3 T. baking powder
2 eggs	1 tsp. salt
1/3 c. butter (melted)	

Beat eggs lightly. Add milk. Add sifted ingredients and mix well. Add melted butter, beat thoroughly. Bake in greased muffin pans 20 to 25 minutes at 375°.

YEAST

BAGELS

JoLynn Daly
Heppner, Oregon

2 c. warm water	2 pkgs. active dry yeast
3 T. sugar	3 tsp. salt
5 3/4 c. all-purpose flour (about)	3 qts. water with 1 T. sugar
Corn meal(optional)	1 egg yolk with 1 T. water (well beaten)

Combine water and yeast in a large bowl. Let stand 5 minutes. Stir in sugar and salt; gradually mix in 4 c. flour. Beat for 5 minutes. Mix in the rest of the flour to make a stiff dough.

Turn out on a floured counter/board and knead until smooth, elastic and no longer sticky (about 15 minutes) - add more flour as needed. Dough should be firmer than most other yeast breads.

Shape into doughnut shape, by dividing the dough into 12 equal pieces. Gently knead each piece, then poke your thumb into the center and swing around the 4 fingers. If dough breaks, overlap the ends and seal. Let rise for 20 to 30 minutes in a warm place.

Bring water/sugar mixture to a boil in a 4 to 5 qt. pan. Leave heat so that it will stay gently boiling. Lightly grease 2 baking sheets (sprinkle with corn meal - optional). Gently lift bagel and drop into water; as it surfaces flip onto other side and allow to boil for 2 to 3 minutes. Lift out with slotted spoon and drain on a towel briefly. Place on baking sheet.

Brush bagels with egg yolk glaze and bake in 400°F oven for about 30 to 35 minutes or until well browned. Cool on rack.

Freeze for storage.

LIGHT BREAD

June Edmondson
Horseshoe Bend, Idaho

2 pkgs. yeast	6 T. shortening
3 T. sugar	2 T. salt
6 c. warm water	14 c. flour

Dissolve yeast in 1 c. warm water. Set aside and mix the rest of the ingredients. Add yeast before all of flour has been added. Mix well and let rise 1 hour. Knead down and put in greased pans. Let rise about 1 hour. Bake until golden brown at 400° - makes 6 loaves.

PEASANT BREAD

Mrs. John Hutson
Sparta, Wisconsin

3 to 3 1/2 c. flour	2 T. margarine
4 tsp. sugar	1 1/4 c. very hot tap water
1 1/2 tsp. salt	1 egg <u>and</u> 1 T. cold water
1 pkg. dry yeast	
Corn meal	

In a large bowl with electric mixer mix 1 c. flour, sugar, salt and yeast. Add the margarine. Add hot water and beat for 2 minutes. Add 1 c. flour and beat at high speed for 2 minutes. Stir in enough flour to make a soft dough. Cover bowl with plastic wrap and let rise for 45 minutes. Stir down dough, turn out on floured board and mold into 15 inch long loaf (taper ends). Place on a greased cookie sheet sprinkled with corn meal. Cover and let rise 40 minutes. With a sharp knife make 5 shallow cuts on loaf. Bake in 400° oven for 25 minutes. Brush loaf with egg white slightly beaten with the 1 T. water. Return to the oven to bake 15 minutes longer.

SOUR DOUGH BREAD

Mary Miller
Apache, Oklahoma

1 pkg. yeast	1/4 c. sugar
1 c. warm water	3/4 c. oil
2 c. buttermilk	2 tsp. soda
2 tsp. baking powder	

Mix together, add 6 to 7 c. flour and set aside. Let rise. Punch down and make out. Bake at 400° for 30 minutes or until golden brown.

Why do cowboys roll their hat brims? So they can ride
3 in a pickup!!

PULL ROLLS (Continued).

Knead in a bowl for 2 to 5 minutes. Pull chunks of dough, and knead them gently. Place on bottom of greased 8x8 inch square pan. Cover and let rise in warm place until double in bulk (about 1 hour). Preheat oven 375° and bake 30 to 35 minutes or until brown.

Brush with butter or margarine. Or make a topping by mixing:

1 c. brown sugar	2 T. margarine
2 tsp. cinnamon	1/2 tsp. nutmeg
1 tsp. water	1/2 c. nuts

Mix well.

QUICK ROLLS

Mrs. Eddie Grubl
Sturgis, South Dakota

Scald 2 c. milk. Add:

1/2 c. sugar	2 tsp. salt
1/2 c. oil	

Cool to lukewarm. Dissolve 2 pkgs. yeast in 1/2 c. warm water. Mix 2 c. sifted flour with milk. Add 2 eggs and beat well. Add yeast and mix well. Add 5 to 6 c. sifted flour. Do not knead. Let rise until double. Shape into rolls. Let rise. Bake at 400° for only 10 minutes. Make sure to use sifted flour. These make good hamburger buns.

REFRIGERATOR LIGHT ROLLS

Mary Staley
Edwards, Illinois

(Low Cholesterol)

1/2 c. lukewarm water	2 tsp. salt
2 pkgs. dry yeast	1/4 c. corn oil
1 1/2 c. lukewarm water	4 c. flour
1/2 c. sugar	2 to 3 c. flour

Soften yeast in 1/2 c. lukewarm water. Add water, sugar, salt, and oil - mix well. Stir in 4 c. flour and beat well. Add 2 to 3 c. flour (enough to make dough stiff enough to handle.)

Sprinkle flour on bread board or table and knead dough about 8 to 10 minutes. Grease inside of bowl with oil, put dough back in the bowl, then turn dough over so as to grease the top. Cover with a damp towel and put in the refrigerator overnight to rise.

Continued on next page.

REFRIGERATOR LIGHT ROLLS (Continued).

Punch down and pinch off to form rolls. Grease pan, put rolls in pan leaving room for them to rise. Cover with damp towel and set in a warm place until they double in size. Bake at 400° for about 15 minutes or until golden brown on top.

NOTE: If you want to use right away, do not put in the refrigerator. Let rise until double in size, punch down, form into rolls or bread, put into greased pan and let rise to double size. Bake.

Do NOT use water that is too hot - it will kill the yeast action.

ICEBOX ROLLS

Mrs. O. L. Menking
Hallettsville, Texas

2 cakes compressed yeast	1 egg
1/2 c. sugar	7 c. flour
2 tsp. salt	3 T. shortening
2 c. lukewarm water	

Crumble yeast into large mixing bowl. Add sugar, salt and water. Add well beaten egg. Sift flour once before measuring. Add 1/2 flour and beat well. Add melted shortening and mix in remainder of flour. Let rise to double its bulk. Punch down and cover tightly. Place in refrigerator.

About 1 hour before baking remove desired amount of dough. Shape into small rolls and place on greased pan. Let rise slowly to double their bulk, then bake in hot oven for 20 to 30 minutes at 375 to 400°. This dough can be kept in the ice box and used from as desired. Should be served hot from the oven.

DAKOTA ROLLS

Mrs. Don Rustad
Kindred, North Dakota

Prepare your favorite sweet roll dough or thaw out a loaf of frozen bread dough. Turn out on floured canvas or board and roll about 1/4 inch thick in oblong shape (8x16 inch). Brush with melted butter and sprinkle with 1/4 c. sugar and 1 tsp. cinnamon. Roll for cinnamon rolls and cut into 1 inch pieces.

TOPPING: Melt 6 T. butter in the bottom of a 9x13 inch pan. Add and mix together 1 c. brown sugar and 4 T. cream or sour cream. Place cut rolls over mixture, cover and let rise until double in bulk. Bake at 375° about 25 minutes. Cool, bottom side up.

BUTTERSCOTCH CRESCENT ROLLS

Mrs. Merle Flinn
St. George, Kansas

1 (3 3/4 oz.) pkg. butterscotch pudding and pie filling	1 pkg. active dry yeast
1 (14 oz.) can evaporated milk (undiluted)	1/4 c. water (110 to 115°F)
1/2 c. butter	2 eggs (unbeaten)
1 tsp. salt	4 1/2 <u>to</u> 5 c. all-purpose flour

Cook the filling and milk together until it just comes to a boil. Remove from heat, add butter and cool. Dissolve yeast in warm water in large bowl. Add filling mixture, eggs, salt and 1 c. flour. Beat well. Add enough more flour to make a smooth dough. Knead on lightly floured board until dough is smooth and elastic. Place in greased bowl, turning to grease the top. Cover, let rise in a warm place until doubled in bulk. Divide dough into quarters. Roll each part to a 12 inch circle. Cut the circle into 8 wedges.

Place filling on long end of wedge and roll up to a point. Place with point down on lightly greased cookie sheet. Allow to rise again about 30 minutes. Bake at 375° for approximately 10 minutes or until brown.

FILLING:

Combine in a mixing bowl 1 1/4 c. melted butter, 1/2 c. coconut, 2/3 c. brown sugar, 1/3 c. chopped pecans and 2 T. flour. Put a little on each wedge before rolling up.

GLAZE:

1/4 c. brown sugar	2 T. butter
2 T. evaporated milk	

Boil these ingredients 1 minute. Add 1 c. powdered sugar and enough milk to make a smooth glaze. Frost each roll while still warm. Cool on wire rack. These freeze in Tupperware very well and are ready to travel.

CINNAMON ROLLS

Mrs. Bud Ireland
Box Elder, South Dakota

(Large recipe - 6 pans or more)

6 c. water	5 pkgs. dry yeast (for 1/2 batch use 3)
2 c. milk	
1 1/2 c. sugar	1 1/3 c. lard
4 tsp. salt	24 c. flour
6 eggs	

Continued on next page.

CINNAMON ROLLS (Continued).

Mix warm water, sugar, yeast and milk all together. Add melted lard (cool), salt and eggs. Mix vigorously. Add 4 c. flour and beat with mixer. Keep adding flour. Knead when necessary. Can keep in the refrigerator. Let rise 1 hour, then put in rolls (double in bulk). Let rise another hour after cutting.

HELTER SKELTER CARAMEL ROLLS

Margaret Hoggarth
Valley City, North Dakota

2 loaves frozen bread
1/2 c. butter
1 c. brown sugar
1 pkg. vanilla pudding
(not instant)

2 T. milk
1/2 tsp. cinnamon

Thaw the bread -- do not let rise. Grease 9x13 inch pan. Cut one loaf into little pieces and drop helter skelter into pan. Melt butter, add the rest of the ingredients and stir until smooth.

Pour over torn pieces. Cut second loaf and throw on top. Let rise 2 1/2 hours. Bake at 375° for 30 minutes. Cool 15 minutes before turning out of the pan.

QUICK CINNAMON ROLLS

Mabel McPherson
Sturgis, South Dakota

2 pkgs. yeast
2 c. lukewarm water
1/3 c. sugar
1 T. salt

2 eggs
1/2 c. melted shortening
6 1/2 c. flour

Dissolve yeast in water, let stand 2 minutes. Add sugar and mix. Add salt and 2 c. flour, beat 2 minutes. Add eggs and shortening. Beat 1 minute. Add remaining flour, let rise 25 minutes. Roll out on floured board, cover with some butter, sugar and cinnamon. Roll up. Cut in 1/2 inch rolls. Let rise. Have the following syrup ready and spoon over the top of the rolls. Bake at 375° for 20 minutes.

SYRUP:

1 c. brown sugar
Boil together.

1/2 c. water

STICKY QUICKIES

Cheryl Ebert
White River, South Dakota

1 1/2 c. flour	1/4 c. butter
2 pkgs. yeast	1/4 c. sugar
3/4 c. milk	1 tsp. salt
1/2 c. water	

Combine flour and yeast in large bowl. Heat remaining ingredients to warm. Pour into yeast mixture. Add 1 egg and beat on high speed for 3 minutes. Stir in by hand 1 3/4 c. flour. Cover and let rise 30 minutes.

3/4 c. butter	1 c. brown sugar
1 tsp. cinnamon	3/4 c. chopped nuts
1 T. corn syrup	1 T. water

Combine and heat until melted. Pour into 9x13 inch pan. Stir down batter and drop by T. on topping. Bake 15 minutes at 375°. Cool 1 minute, invert on cookie sheet.

KOLACHES

Mrs. O. L. Menking
Hallettsville, Texas

1 pkg. yeast	1/3 c. sugar
1 1/4 c. warm milk	1/4 c. melted oleomargarine
1 small egg	3 1/2 c. flour

Dissolve yeast in 1/4 c. milk. Add rest of milk, egg, sugar and oleomargarine and beat well together. Add flour and beat thoroughly, until dough shines. Let rise until dough doubles in size.

Turn dough out on lightly floured board and roll to 1/4 inch thickness. Cut out kolaches with a cutter. Place on baking sheet, brush with butter and let rise until they have doubled in size. Press down center with a spoon and put in the filling. Bake at 400° for 12 minutes (I use 375°).

FILLING:

1 lb. prunes	1 tsp. flour
1/4 c. sugar plus	1 tsp. vanilla
1/4 tsp. cinnamon	

Cook prunes until soft. Remove stone and crush pulp. Add sugar, cinnamon, flour and vanilla. Mix well.

POPPY SEED FILLING:

3/4 c. poppy seed	1 tsp. flour
1/2 c. milk	1 T. butter
1/2 c. sugar	

Continued on next page.

KOLACHES (Continued)

Grind poppy seed (this takes a special grinder, Mrs. Holly says). Then cook in milk for about 10 minutes. Add sugar and flour, bring to a boil and boil for one minute. Add butter and let cool before using.

POSIPKA TOPPING:

Combine the following ingredients and mix until it resembles coarse meal:

1 c. sugar	2 T. melted butter
1/2 c. flour	Cinnamon may be added

This topping is sprinkled over the top of kolaches before baking.

BEER PANCAKES

Frances Crouse
St. Joseph, Missouri

4 eggs	3 T. sugar
2 tsp. grated lemon rind	1 1/3 c. buttermilk
2 c. flour	1 1/2 tsp. soda
1 1/2 tsp. baking powder	2/3 c. beer
1/2 tsp. salt	1/4 c. butter (melted)

Separate eggs. Beat yolks with sugar and lemon rind. Stir in buttermilk mixed with baking soda. Sift together flour, baking powder and salt. Add this alternately with beer. Stir in 1/2 stick or 1/4 c. melted butter.

In a large bowl beat the 4 egg whites with a dash of salt until they hold stiff peaks. Fold 1/4 of the egg whites gently into the yolk mixture. Then combine all together with light folding action. When cooking tilt skillet so pancakes spread out light. Serve with butter and syrup - Beer gives sour dough flavor.

SANDHILL PANCAKES

Mariel Klingbeil
Valentine, Nebraska

2 eggs (well beaten)	1 1/2 c. pancake mix
1 1/2 c. milk	3 shredded wheat biscuits (crushed)

Combine first 2 ingredients. Beat in pancake mix until blended. Stir in shredded wheat. Preheat greased griddle or skillet to medium-low heat. Drop batter by spoonfuls onto griddle. Lightly brown each side. Makes 12 (about 4 inch) pancakes. Serve with maple syrup.

GREAT AUNT MINNIE'S FRY BREADPhaline Thacker
Owyhee, Nevada

2 c. flour	1 to 2 tsp. baking powder
1 tsp. salt	1 c. water

Roll out as thin as you can. Fry in frying pan with a little pan.

HUSH PUPPIESMyrna Maffett --
Ninety-six, South Carolina

1 c. self-rising corn meal	1/2 c. buttermilk
1/2 c. self-rising flour	1 egg
1 tsp. onion salt	

Mix the dry ingredients. Add egg and milk, drop by spoonful into hot cooking oil. Cook until golden brown.

FRENCH FRIED CHEESE CURDSWendy Alexander
Osseo, Wisconsin

1 c. pancake flour	1 beaten egg
1 c. stale beer	Dash of salt

Fry in 350° oil until brown -- turn once.

OKLAHOMA SQUAW BREADMary Redfearn --
Ft. Supply, Oklahoma

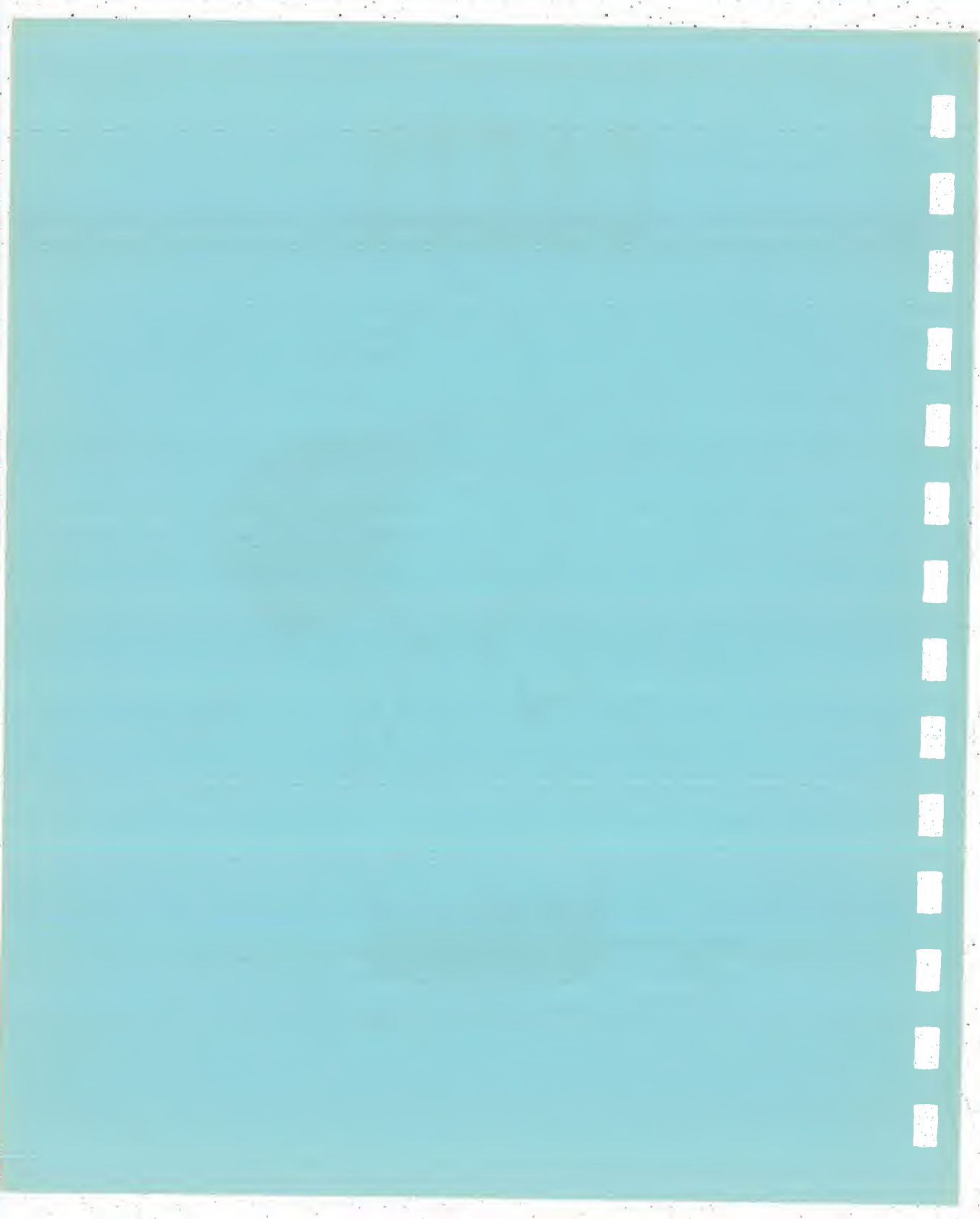
2 c. milk	1 tsp. salt
1 T. shortening	Flour
2 T. baking powder	

Mix and add enough flour to make a biscuit mix. Roll out and cut into 1x2 inch pieces. Drop into hot deep fat.

* * * * *

CAKES





CAKES

APPLE CAKE

Patricia Rankin
Waukesha, Wisconsin

2 eggs
Beat until frothy - then add:
2 c. flour
1 tsp. salt
2 tsp. cinnamon
1 c. oil
1 tsp. vanilla
1 tsp. soda in 1 tsp. water
Batter will be very thick. Add 4 c. apples. Bake in a 13x9 inch pan at 350° for 45 minutes. (1 c. nuts - optional)

RUMANIA APPLESAUCE CAKE

Dianne Greives
West Lafayette, Indiana

1/2 lb. butter or margarine
2 c. granulated sugar
3 eggs
1 c. water
1 tsp. baking soda
2 1/2 c. flour
1/2 c. raisins
1/2 c. chopped nuts
1 tsp. vanilla
4 apples (shredded - not chopped)
1 tsp. soda
Pinch of salt

Cream butter, sugar and add egg yolks. Add flour, baking powder, soda and salt, then add water. Next, add raisins and nuts. Add egg whites and fold them in, then fold in the shredded apples. Add vanilla. Bake at 350° for about 45 minutes. This is a very heavy cake and you should not underbake it. Use a 9x13 inch pan.

TOPPING FOR RUMANIA APPLESAUCE CAKE:

1 (8 oz.) pkg. Philadelphia cream cheese
1 lb. confectioners' sugar
1 stick butter or margarine
Chopped nuts

Melt the butter and mix in the rest of the ingredients. This frosting sets off the cake and it gives it the true flavor it is supposed to have. This recipe is from Rumania.

When you feed a cowboy, keep in mind, his stomach is near his heart!!

BANANA NUT CAKE AND FROSTING

Alice Pollock --
Tuttle, Oklahoma

1 1/2 c. sugar	1 tsp. soda
1/2 c. butter	4 T. buttermilk
2 eggs (well beaten)	1/2 c. pecans
3 mashed bananas	1 tsp. vanilla
2 c. cake flour	

Cream butter, add sugar and cream until fluffy. Add the beaten eggs, then stir in mashed bananas. Sift soda with flour and add alternately with buttermilk. Mix well and add vanilla and nuts. Bake at 350° for 25 minutes.

FROSTING:

1 crushed banana	1/2 c. pecans
1 T. butter	1 tsp. vanilla
1 lb. powdered sugar	

Crush banana and mix with butter. Add sugar until thick enough to spread. Add pecans, then add vanilla and spread on the cake.

CAJUN CAKE

Stacey Cole
Sunset, Louisiana

2 c. flour	2 eggs
1 1/2 c. sugar	1 large can crushed pineapple
2 tsp. baking soda	(undrained)

Combine the dry ingredients and mix well. Add eggs and pineapple. Stir well. Pour into large 9x12 inch cake pan that has been greased and floured. Bake at 350° for 30 to 40 minutes. Let the cake cool, then ice.

ICING FOR CAJUN CAKE:

3/4 c. sugar	1 stick oleo
1/2 c. evaporated milk	1 c. nuts
1 c. coconut	

Place sugar, milk and oleo in a saucepan. Bring to a boil. Let cool, stir in the coconut and nuts. Beat with spoon and spread on cake.

CARROT PECAN CAKE

Patty Chapin -
Battle Mountain, Nevada

2 c. sugar	2 c. sifted flour
1 1/4 c. salad oil	1 tsp. baking powder
4 eggs	1 tsp. baking soda - 1 tsp. salt
3 c. finely grated carrots	2 tsp. cinnamon
1 c. pecans	

Continued on next page.

CARROT PECAN CAKE (Continued).

Combine oil and sugar. Sift the dry ingredients and add half to oil mixture. Add remaining dry ingredients alternately with eggs, one at a time. Add carrots and nuts. Pour into lightly oiled 10 inch tube pan and bake at 325° for 1 hour and 10 minutes. Cool upright in pan. Spread on Orange Glaze.

ORANGE GLAZE:

Combine 1 c. sugar and 1/4 c. cornstarch in saucepan. Slowly add 1 c. fresh orange juice and 1 tsp. lemon juice. Stir until smooth. Add:

2 T. butter 1/2 tsp. salt

2 T. grated orange rind

Cook over low heat until thick and glossy.

CARROT CAKE

Sandee Risse
Martin, South Dakota

Sift together:

2 c. sugar 2 tsp. cinnamon

3 c. flour 1/2 tsp. salt

1 tsp. soda

Make a hollow, add:

1 1/2 c. cooking oil 2 c. grated carrots

1 tsp. vanilla 1 c. chopped pecans

3 eggs

1 c. drained crushed pineapple

Mix well and bake at 350°.

FROSTING:

1 stick margarine 1 (1 lb.) box powdered sugar

1 (8 oz.) pkg. Philadelphia 2 tsp. vanilla

cream cheese

Blend with mixer and spread on cake.

CINNAMON POUND CAKE

Cindy Loetscher -
'78 Barrel Racing Champ
Alexander, Arkansas

1 box Duncan Hines yellow

DeLuxe cake mix #2

3/4 c. Wesson oil

3/4 c. water

4 eggs

Mix all this well.

1 box Jello instant vanilla
pudding

1 tsp. vanilla

Continued on next page.

CINNAMON POUND CAKE (Continued).

Mix:

2 tsp. cinnamon 1/2 c. sugar

Layer alternately with the batter. Bake 50 minutes at 350° in a bundt pan.

COCONUT CAKE

Wilma Hope
Lithonia, Georgia

Bake a yellow cake mix as directed in a 13 x 8 1/2 inch pan. While the cake is still in the oven, simmer for 8 minutes:

1 pkg. frozen coconut 2 c. milk

1 c. sugar

When the cake comes out of the oven poke fork into cake -- covering with holes. Pour the hot mixture over hot cake and cool. Cover with Cool Whip and keep refrigerated.

NO. 1 CHOCOLATE CAKE

Beth Mason
Butler, Illinois

1 1/2 c. sugar 1/2 c. shortening

Cream together.

2 eggs

Sift together and add alternately with 1 1/4 c. cold water to the creamed mixture:

2 c. flour 1/3 c. cocoa

1 tsp. soda

1/2 tsp. salt

Add 1 tsp. vanilla. Bake in a moderate oven (350°) until done.

AUNT BETTY'S CHOCOLATE CAKE

Linda Moore
Midwest, Wyoming

1/2 c. cocoa

2 eggs

1 c. oil

2 tsp. soda

2 c. flour

1 c. boiling water

1 c. buttermilk

1/4 tsp. salt

2 c. sugar

Sift all the dry ingredients. Blend oil and buttermilk. Add eggs and mix well. Bake 35 minutes at 350°.

The arena of life is 10% what you make it and 90% how you take it!!

CHOCOLATE CAKE

Mary Brunelle
Willston, North Dakota

3 eggs	1 1/3 c. sour cream
1 1/2 c. sugar	2 1/4 c. sifted flour
1/2 c. cocoa	1 tsp. salt
1 1/2 tsp. soda	

Beat the eggs. Add sugar. Pour 1/2 c. boiling water over cocoa and soda. Let cool. Add the sour cream, flour and salt. Mix until smooth - bake at 350°.

DEVIL'S FOOD CAKE

Doreen Dingee
Lovelock, Nevada

1/2 c. shortening	1/2 c. regular dry cocoa
1 3/4 c. sugar	1 1/2 tsp. soda
1 tsp. vanilla	1 tsp. salt
3 eggs (separated)	1 1/3 c. cold water
2 3/4 c. cake flour (sifted)	

Cream shortening and 1 c. of sugar until light. Add vanilla and egg yolks one at a time, beating well after each. Sift together dry ingredients; add to creamed mixture alternately with cold water, beating after each addition. Beat the egg whites until stiff peaks form. Fold into batter; blend well. Bake in 2 greased and lightly floured 9 x 1 1/2 inch round baking pans at 350° for 30 to 35 minutes. Cool, then frost.

FOOL PROOF DEVIL'S FOOD CAKE

Dorothy Hutto
Cleveland, Texas

(A thin batter)	
1 c. shortening	2 1/2 c. flour
2 1/2 c. sugar	1/2 tsp. salt
1/2 c. cocoa	2 tsp. vanilla
2 eggs	2 tsp. soda dissolved in 1 c.
1 c. buttermilk	boiling water (add last)
Bake at 350° oven.	

A cowgirl can catch a man with face powder but it takes baking powder to keep him!

HOT FUDGE CAKE

June Edmondson -
Horseshow Bend, Idaho

2 cubes butter (1 c.)	2 eggs
1 c. water	1 tsp. soda
2 c. flour	4 oz. water
2 c. sugar	1 T. mayonnaise
4 T. cocoa	

Put in saucepan and bring to a boil the butter and water. Add the flour, sugar and cocoa - mix real well.

Add the remaining ingredients, beat well. Put into greased and floured pan. Bake at 400° for 20 to 25 minutes.

HOT FUDGE FROSTING:

4 T. milk	1 c. butter
Bring to a boil, add:	
4 T. cocoa	1 tsp. vanilla
2 1/2 c. powdered sugar	

OKIE QUICK CAKE

Ronda Bratcher -
Nash, Oklahoma and
Marie Sutton -
Morgan Hill, California

2 c. flour	2 c. sugar
Sift together. Boil:	
1 c. water	4 T. cocoa
2 sticks oleo	

Pour mixture over flour-sugar and mix well. Then add:

1/2 c. buttermilk	1 tsp. cinnamon
1 tsp. soda dissolved in milk	1 tsp. vanilla

After mixing above ingredients add 2 well beaten eggs. Pour into a greased and floured jelly roll pan. Bake 20 minutes at 400°. 5 minutes before the cake is done, boil:

1 stick margarine	4 T. cocoa
6 T. milk	

Add:

1 box powdered sugar	1 c. pecans
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Beat until well mixed. Pour over cake as soon as the cake comes from the oven.

No two cowboys are alike and both of them are glad of that!!

SHEATH CAKE

Joyce Matteson - Mooreland, Oklahoma
Lil Moore - Las Vegas, Nevada

Sift together:

2 c. sugar

2 c. flour

Mix in a saucepan:

1 stick oleo

1/2 c. shortening

4 T. cocoa

1 c. water

Bring to a rapid boil and pour over the dry ingredients.

Stir well and add:

1/2 c. buttermilk

1 tsp. vanilla

1 tsp. soda

2 eggs (slightly beaten)

Bake in greased pan 16x11inch. Bake 20 minutes at 400°.

Start the icing 25 minutes before cake is done.

ICING:

Bring to a boil:

1 stick oleo

6 T. milk

4 T. cocoa

Remove from heat, add:

1 box powdered sugar

1 c. nuts

1 tsp. vanilla

Beat well and pour over the hot cake.

CHOCOLATE SACCHARIN CAKE

Mary Staley
Edwards, Illinois

1 1/2 c. dark syrup

3/4 c. sour milk

3/4 c. shortening

1 tsp. vanilla

1/2 c. cocoa

2 eggs (beaten lightly)

2 tsp. baking soda

2 1/2 c. flour

3 grains saccharin (dissolve
in 1/2 c. hot water)

Cream the syrup and shortening. Sift dry ingredients together and add to creamed mixture. Add remaining ingredients and mix well. Grease and flour pan. Bake at 300° for 35 to 40 minutes or until it tests done.

TUNNEL OF FUDGE CAKE

Leslie Stanley -- Editor
The World of Rodeo, Billings, Montana

1 1/2 c. butter

1 pkg. Double Dutch Butter

6 eggs

Frosting Mix

1 1/2 c. sugar

2 c. walnuts

2 c. flour

Continued on next page.

TUNNEL OF FUDGE CAKE (Continued).

Thoroughly mix all ingredients together in a large bowl. Bake at 350° for 60 to 65 minutes. Bake in a greased bundt or angel food cake pan. Cool for 2 hours.

MISSISSIPPI MUD CAKE

Rubye Austin, Florence, Mississippi
Rhesa Newman - Las Vegas, Nevada

4 eggs	1 1/2 c. flour
1 c. oleo <u>or</u> oil	1 1/2 c. nuts
2 c. sugar	1/3 c. cocoa
1 tsp. vanilla	

Melt the cocoa and oleo, add the other ingredients. Bake at 350° for 45 minutes or until done in a long flat pan. As soon as you take it out of the oven, while it is still hot, spread 1 jar of Marshmallow Creme on it or 1 bag of miniature marshmallows. After it has cooled, frost with the following frosting.

FROSTING:

1 1/2 sticks margarine	1/2 c. cocoa
1/2 c. milk	1 tsp. vanilla
1 box powdered sugar	

Melt margarine and cocoa, add the other ingredients and beat. Spread over Marshmallow Creme.

COCOA AND COLA CAKE

Leslie Stanley -
The World of Rodeo Editor
Billings, Montana

1 c. butter	2 eggs
2 c. flour	1/2 c. buttermilk
1 3/4 c. sugar (white or brown)	1 c. cola
1 tsp. baking soda	1 1/2 c. miniature marshmallows
1 tsp. vanilla	

Thoroughly mix all ingredients in a bowl, except the marshmallows. Stir them in before you put the batter in the pan. Can be made in either two round cake pans or in a square pan. Bake at 350° for 40 to 45 minutes. Cool for 30 minutes, then frost.

COCOA AND COLA FROSTING:

1/2 c. butter	1/3 c. cola
3 T. cocoa	4 c. powdered sugar

Mix well and frost cooled cake.

BLACK DEVILS FOOD

Alice Pollock
Tuttle, Oklahoma

2 c. flour	2/3 c. oil
1 3/4 c. sugar	1 c. buttermilk
1/2 c. cocoa	1 c. strong coffee
1 T. soda	1 tsp. vanilla
1/2 tsp. salt	

Mix flour, sugar, cocoa, soda and salt. Add oil and buttermilk. Bring coffee to a boil, add to mixture. Add vanilla. Mixture will be soupy. Bake at 375° for 25 minutes or until a toothpick comes out clean.

FROSTING:

3 T. cocoa	1/3 c. Milnot
1 c. sugar	1/4 c. oleo
1/4 tsp. salt	1 tsp. vanilla

Mix together, bring to a boil. Boil one minute, remove from heat. Add the vanilla and pour onto hot cake.

CHOCOLATE SHEET CAKE

Judy Parch
Martin, South Dakota

Boil:

1/4 c. cocoa	1 c. water
1 c. butter	

Pour this over:

2 c. flour	2 c. sugar
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Let cool. Then add:

2 eggs	Pinch of salt
1/2 c. buttermilk	1 tsp. vanilla
1 tsp. soda	

Bake at 350° for 20 minutes on a fairly large cookie sheet.

FROSTING:

6 T. oleo	6 T. milk
1 1/3 c. sugar	

Bring to a rolling boil for 1 1/2 minute. Remove from stove, add 1/2 c. semi-sweet chocolate chips. Beat until the chips are dissolved.

The most difficult meal for the average rodeo mother to get is "dinner out".

CHOCOLATE SOUR CREAM CAKE

Marilyn Livermont
Vetal, South Dakota

Mix and beat well:

2 c. sugar

2 eggs

Add (sifted together):

1/2 c. cocoa

1/2 tsp. salt

Last add:

1 c. boiling water

1 c. sour cream

1 tsp. vanilla

2 c. sifted flour

1 tsp. soda dissolved in a little
hot water

Beat well and bake for 35 minutes at 350°.

CRAZY CAKE

Janice High - Bozeman, Montana
Vonnice Foster, Meadow, South Dakota

3 c. flour

2 c. sugar

2 tsp. baking soda

5 T. cocoa

1/4 tsp. salt

2 or 3 T. vinegar

2 tsp. vanilla

3/4 c. oil

2 c. cold water

2 eggs (optional)

Place flour, sugar, baking soda, cocoa and salt in a 13x9 inch pan. Mix with a fork to combine ingredients. Mix vinegar, eggs, vanilla and oil together with fork. Pour over flour mixture. Pour water over all and mix together with fork or wire whip. Mixture will be slightly lumpy. Get as smooth as possible. You can sprinkle 1/2 c. sugar and a handful of nuts and chocolate chips on top. Bake at 350° for 40 minutes.

CRAZY CHOCOLATE CAKE

Joni Similey - Lovelock, Nevada

1 c. sugar

1 egg

1/2 c. scant cocoa

1/2 c. milk

1/2 c. shortening

1/2 tsp. salt

1 tsp. soda

1 tsp. vanilla

1 2/3 c. flour

1/2 c. boiling water

Put in bowl in order given and beat 3 minutes. Use either as layer or loaf cake. Bake at 375° for 30 minutes.

What would rodeos be like without sunflower seeds to
chew on?

WACKY CAKE

Mrs. Fern Jeanes
Redding, Iowa

1 1/2 c. flour	1/2 tsp. salt
1 c. sugar	1 tsp. soda
3 T. cocoa	

Sift these ingredients into an ungreased pan. Make 3 depressions. Into one put 1 T. vinegar. Into second put 1 c. cold water. Into third put 6 T. melted butter and 1 tsp. vanilla. Stir well. Bake at 350° until it shrinks from sides of a 9x13 inch pan.

CREAM CHEESE CUPCAKES

Patricia Rankin
Waukesha, Wisconsin

1 (8 oz.) pkg. cream cheese	1/3 c. sugar
1 unbeaten egg	1/8 tsp. salt
Beat well. Stir in 1 c. chocolate bits and set aside.	
Sift together:	
1 1/2 c. flour	1 tsp. soda
1 c. sugar	1/2 tsp. salt
1/4 c. cocoa	

Add to the dry ingredients:

1 c. water	1 T. vinegar
1/3 c. oil	

Beat until blended. Fill paper lined muffin cups 1/3 full with chocolate batter. Top each with a heaping tsp. of the cream cheese mixture. Sprinkle with sugar and chopped almonds. Bake at 350° for 25 to 30 minutes.

FRUIT COCKTAIL CAKE

Mabel McPherson -
Sturgis, South Dakota

1 c. sugar	1 beaten egg
1 c. flour	1 can fruit cocktail (undrained)
1 tsp. soda	1 c. brown sugar
1/4 tsp. salt	Nutmeats

Sift together sugar, flour, soda and salt. Add egg and cocktail. Add more flour if necessary. Put in pan. Put brown sugar and nutmeats on top. Bake at 350° for 40 minutes.

The cowboy who does not attend to his duties promptly, eventually has few duties to attend to.

FRUITLESS FRUIT CAKE

Lori Gunter - Las Vegas

2 c. flour (white or wheat)	2 c. brown sugar
1 tsp. baking soda	2 sticks margarine
2 tsp. cinnamon	2 eggs
1 1/2 c. fruit juices (orange, cherry, fruit punch, lemon)	1/2 c. wheat germ
1 tsp. vanilla	1 c. oatmeal

Chop and mash maraschino cherries, bananas and nuts to suit. Cream the eggs, melted margarine, sugar, vanilla and fruit. Add the dry ingredients. Mix together. Bake in 2 bread pans at 350° for 30 to 45 minutes.

GOOEY BUTTER CAKEMrs. Rob McCarter -
Memphis, Tennessee

3 eggs	1 (8 oz.) pkg. cream cheese (at room temperature)
1 stick soft oleo	1 box confectioners' sugar
1 box yellow Duncan Hines Butter Cake Mix	

First layer: Beat together 2 eggs and 1 stick oleo (soft). Pour into a 9x13 inch ungreased cake pan (spray with Pam).

Second layer: Sprinkle cake mix dry over egg mixture.

Third layer: Combine cream cheese, confectioners' sugar and egg. Combine and spread over dry cake mix. Bake in glass dish at 325° for 45 minutes. Will cut better the second day. Very crisp around edge and softer on inside and middle.

ICEBOX CAKESusan Weeden -
Memphis, Tennessee

1 Duncan Hines Butter yellow cake mix	1 large Cool Whip
3/4 c. oil	1 (16 oz.) can crushed pineapple and juice
3 eggs	1 pkg. instant vanilla pudding
1 small can mandarin oranges and the juice	

Mix all ingredients for batter together and beat well. Bake in 350° oven in sheet cake pan for 25 minutes. Do not overbake.

Cut cooled cake in half and frost. Refrigerate overnight if possible before serving.

LOUISIANA POUND CAKE

Stacey Cole
Sunset, Iowa

2 sticks margarine	2 tsp. vanilla
1/2 c. shortening	3 c. flour
3 c. sugar	1/2 tsp. salt
1/2 c. cocoa	5 eggs
1 c. milk	1 c. pecans
1/2 tsp. baking powder	

Cream shortening, margarine and sugar. Add eggs one at a time; beat well after each addition. Sift dry ingredients, including cocoa together and add alternately with milk and vanilla. Begin and end with dry ingredients. Add chopped pecans. Bake in greased bundt pan at 325° for 1 hour or until it tests done.

MANDARIN ORANGE CAKE

Stacey Cole
Sunset, Iowa

1 box butter flavor cake mix	1 small can mandarin oranges
1/2 c. oil	(undrained)
3 eggs	

Mix together and beat until mandarin oranges are pulverized. Bake in 2 (9 inch) round cake tins at 350° for 15 to 25 minutes or until the cake springs back. Ice with:

1 (9 oz.) carton Cool Whip	1 small can crushed pineapple
1 small pkg. vanilla instant pudding	(undrained)

Mix together well.

MAYONNAISE CAKE

Mrs. Delberta Kulseth
Bowman, North Dakota

1 c. sugar	7 tsp. cocoa
1 c. mayonnaise	1 c. water
2 tsp. soda	1 tsp. vanilla
Pinch of salt	2 c. flour

Add ingredients and mix. Bake at 350° for 30 to 35 minutes.

If you can't be thankful for what you receive,
then be thankful for what you escaped.

NO NUTTIN' CAKE #1

Pat Isenberger -
Gillette, Wyoming

2 c. sugar	2 tsp. cinnamon
1 c. raisins	1 tsp. nutmeg
1 tsp. salt	1/2 tsp. cloves
3/4 c. lard <u>or</u> shortening	1/2 tsp. allspice
1 1/4 c. water (I think this water is needed)	

Boil all for 3 minutes. When cool add 2 tsp. soda dissolved in 3 T. hot water. Then add:

2 1/2 c. flour	1 tsp. baking powder
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If you wish, you can add 2 eggs. Mix well and pour into a large greased and floured cake pan. Bake at 375° until done. You can use this for cookies too by adding 1 c. flour and dropping by teaspoon. Chopped nuts are optional too.

Frost with a caramel or brown sugar frosting or serve plain.

OATMEAL CAKE

Annabel Aga -
Sturgis, South Dakota

Pour 1 1/2 c. of hot water on 1 c. oatmeal. Add 1/8 tsp. salt. Let cool for 20 minutes. Cream together:

1/2 c. oleo <u>or</u> shortening	1 c. white sugar
1 c. brown sugar	

Then add 1 egg, 1 tsp. cinnamon, 1 tsp. cloves and 1 tsp. vanilla.

Sift together:

2 c. flour	1 1/8 tsp. soda
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Add to the first mixture, along with the oatmeal. Blend well. If desired, add 1/2 c. nuts and 1/2 c. raisins. Bake at 350° in a 9x13 inch pan for 30 minutes.

OATMEAL CAKE

Mrs. Del Clark -
Alliance, Nebraska

1 c. oatmeal	2 eggs
1/2 c. boiling water	1 1/2 c. flour
1 c. white sugar	1 tsp. soda
1 c. brown sugar	1/2 tsp. cinnamon
1 c. shortening <u>or</u> 3/4 c. oil	Dash of nutmeg (optional)
	Dash of salt

Continued on next page.

OATMEAL CAKE (Continued).

Pour water over the oatmeal. Let stand while mixing the cake. Cream sugars, shortening. Add eggs and oatmeal, then add dry ingredients and beat well. Use 9x12 inch pan.

TOPPING:

3 T. butter	1 tsp. vanilla
1/4 c. milk	3/4 c. coconut

Put on hot cake and broil until toasted.

ORANGE CAKE

Marsha Baer -
Stacy, Minnesota

1 yellow cake mix	4 egg yolks
1 1/3 c. orange juice	1 1/2 tsp. orange peel (optional)

Mix together and pour into a 9x13 inch pan. Beat until stiff and spread over cake mixture:

4 egg whites	1/2 tsp. cream of tartar
1 c. sugar	

Bake at 350° for 45 minutes. Serve with strawberries and whipped cream.

ORANGE SLICE CAKE

Alice Pollock -
Tuttle, Oklahoma

4 eggs (beaten)	1/2 tsp. salt
2 c. sugar	2 c. flour
1 c. butter	1 tsp. soda
1 1/2 c. buttermilk	

Mix these 7 ingredients as an ordinary cake batter.

1 lb. dates	2 c. pecans
1 lb. orange slice candy	2 c. flour

Chop dates, candy and pecans. Dredge with flour. Mix with cake batter. Bake in 350° oven for 1 1/2 hours or until brown and firm. Mix together:

1 1/2 c. sugar	1 T. orange rind (grated)
1 c. orange juice	

Spread over cake while still hot.

No one knows what he can do until he tries!!

PICNIC CAKE

Betty Carr -
White River, South Dakota

1 c. granulated sugar	1 tsp. soda
1/2 c. shortening	1/2 tsp. salt
2 eggs	1 1/2 c. hot water
1 1/2 c. sifted flour	1 c. finely chopped dates
1 heaping T. cocoa	

Add the dates to hot water and let stand until cool, then add soda to this mixture. Cream sugar and shortening, add eggs one at a time, and the dry ingredients which have been sifted together.

Combine the date mixture, then pour into lightly oiled and floured loaf pan. Quickly prepare topping and spoon on top of the batter. Bake in preheated oven at 350° for 35 minutes or until done when tested.

TOPPING:

1/2 c. sugar (scant)	1/2 c. nuts (your choice)
1/2 pkg. chocolate chips	
Combine.	

TAKE TO PICNIC CAKE

Shari Wenbourne
Taber, Alberta

1 c. chopped dates	1 tsp. soda
1 1/2 c. boiling water	
Sprinkle soda on dates and add the water. Let cool.	
3/4 c. margarine	1/4 tsp. salt
1 c. white sugar	1 tsp. baking powder
2 eggs	1 tsp. cinnamon
1 1/2 c. flour	1 tsp. vanilla

Cream the shortening and sugar. Beat in eggs one at a time. Add the vanilla. Add date mixture to dry ingredients and mix well. Place in 9x12 inch pan. Sprinkle the following over the top:

1/2 c. brown sugar	1/2 c. chocolate chips
1/2 c. chopped nuts	

Bake at 350° for 30 to 40 minutes.

TOTING CAKE

Kathy Peck --
Ft. St. John, British Columbia

1/2 c. firmly packed brown sugar	3 1/2 tsp. baking powder
1/2 c. chopped walnuts <u>or</u> pecans	1/2 tsp. salt
2 1/4 c. sifted all-purpose flour	1/2 c. butter
	1 1/3 c. firmly packed brown sugar

Continued on next page.

TOTING CAKE (Continued).

2 eggs
1 c. milk

1 tsp. vanilla

Preheat the oven to moderate 350°F. Grease and lightly flour a 9 inch square baking pan.

Combine 1/2 c. brown sugar with nuts and set aside. Sift flour, baking powder and salt together on waxed paper.

Cream butter and 1 1/3 c. brown sugar until blended and fluffy. Add eggs one at a time, beating well after each addition.

Combine the milk and vanilla. Add flour mixture and liquids alternately to the creamed mixture - beginning and ending with dry ingredients. Blend well after each addition. Spoon evenly into the prepared pan. Arrange brown sugar mixture evenly on top and bake 40 to 50 minutes or until cake tests done.

QUICK FRUIT CAKE

Wilma Hope -
Lithonia, Georgia

1 pkg. Pillsbury Nut Quick
Bread Mix
1 lb. fruit cake mix --
candied fruits and citrus

1 c. pecans
1 c. raisins
1 c. water
1 egg

Mix above by hand and mix well. Grease and flour the bottom and sides of a pan. Bake as follows at 350°:
8x4 inch loaf pan bake 70 to 80 minutes -- 9x5 inch loaf pan bake 60 to 70 minutes -- 10 inch bundt or tube pan - the recipe must be doubled and bake 65 to 75 minutes -- soup cans - 10 1/2 oz. size fill 5 cans 3/4 full and bake 35 to 45 minutes.

Cool completely. Remove from pan and store in the refrigerator.

RED WALNUT CAKE

Harold McCain -
NHSR '78 Calf roping champ
Idabel, Oklahoma

1 1/2 c. sugar
2 eggs
1 T. cocoa
1 c. buttermilk
1 oz. bottle red food
coloring

1 tsp. vanilla
1 tsp. soda
1 T. vinegar
1/2 c. shortening
2 c. flour

Continued on next page.

RED WALNUT CAKE (Continued).

Combine the sugar, shortening and eggs. Mix well. Sift flour, and cocoa 3 times. Add to the other mixture. Stir in the buttermilk and beat well. Add food coloring and vanilla. Mix soda and vinegar as it starts to foaming pour into batter. Stir gently until mixed. Makes 3 (8 inch) cake pans. Bake at 350° for 25 to 30 minutes.

ICING:

8 oz. cream cheese	1 box powdered sugar
1/2 stick margarine	1 c. pecans (optional)
2 tsp. vanilla	

Mix the cream cheese and margarine until soft. Add vanilla. Pour powdered sugar into mixture a little at a time. Add the pecans. This makes a lot of icing.

This cake is real pretty, especially for Valentines Day or Christmas.

RHUBARB CAKE

Dianne Greives -
West Lafayette, Indiana

1/2 c. shortening	1 egg
1 1/2 c. sugar	1 tsp. soda
1/2 tsp. salt	1 c. milk
1 tsp. lemon juice	3 c. diced rhubarb

Combine ingredients and mix well. Pour into 9x13 inch pan.

TOPPING: (Mix together)

1/2 c. nuts	1/3 c. sugar
1/4 c. red candy sparkles	1 tsp. cinnamon

Bake at 350° for 30 to 40 minutes.

RHUBARB CAKE

Shelly Tilbert -
Willeston, North Dakota

1 1/2 c. brown sugar	1 tsp. vanilla
1 c. shortening	2 c. flour
1 c. buttermilk	1 tsp. soda
2 eggs	1 1/2 c. finely cut rhubarb

Bake at 350° oven for 30 to 40 minutes.

TOPPING:

1/4 c. sugar	1 tsp. cinnamon
--------------	-----------------

Sprinkle on top.

SOUR CREAM POUND CAKEDorothy Hutto
Cleveland, Texas

1 c. undiluted evaporated milk	1 tsp. vanilla
1 T. vinegar	1 tsp. almond extract
1/2 lb. butter <u>or</u> margarine	3 c. sifted flour
3 c. sugar	1/4 tsp. soda
6 eggs	1/4 tsp. salt

Sour milk with vinegar. Set aside. Cream the butter gradually add sugar. Add eggs one at a time, beating on medium speed. Add the soured milk and extracts. Mix well.

Sift together flour, soda and salt. Slowly beat into liquid mixture and beat well for 2 minutes. Bake in a greased and floured tube pan at 325° for about 1 1/2 hours or until done.

*LASSES AND SPICE CAKECharlie Longbrake -
Dupree, South Dakota

1 pkg. dry yeast	1 tsp. salt
1 c. warm water	1/2 tsp. soda
1 1/2 c. all-purpose flour	1 tsp. cinnamon
1 1/2 c. sugar	1/2 tsp. nutmeg
1 c. shortening (part butter)	1/4 tsp. cloves
3 eggs	1/2 c. finely chopped nuts
1/2 c. molasses	1/2 c. chopped dates
1 1/2 c. all-purpose flour	

Soften the yeast in water; add first 1 1/2 c. flour and beat until smooth. Set aside in warm place for 30 minutes.

Cream sugar and shortening. Add eggs and blend. Add molasses and beat until smooth. Stir in yeast mixture and blend. Measure second amount of flour with soda, salt and spices. Add, beating well until smooth. Stir in nuts and dates. Pour into well greased and floured 9x13x2 inch pan. Cover and let rise in warm place 1 hour. Bake in preheated oven at 350° for 50 to 60 minutes or until the center springs back when lightly touched. Serve cake squares with whipped cream or creamy icing.

For horses only: Hoof dressing - mix kerosene and 1 pint crolen. Add pine tar until thick.

STRAWBERRY CAKE

Mrs. Vernon Brown
Faith, South Dakota

- | | |
|---------------------------------|--|
| 1 white cake mix | 1/2 c. water |
| 3 T. flour | 1/2 c. oil |
| 1 (3 oz.) pkg. strawberry Jello | 1/2 c. strawberries (fresh crushed or thawed frozen) |
| 4 eggs | |

Mix all together for 4 minutes with the electric mixer. Bake at 350° until done. Frost with the following:

- | | |
|------------------------------------|---------------------|
| 1 stick butter <u>or</u> margarine | 1/4 c. strawberries |
| 1 box powdered sugar | |
| (2 2/3 c.) | |

SURPRISE CAKE

Mrs. Rob McCarter
Memphis, Tennessee

- | | |
|---|---|
| 1 box yellow cake mix | 1 (8 oz.) pkg. cream cheese (at room temperature) |
| 1 regular box instant vanilla pudding mix | 1 large can crushed pineapple (well drained) |
| 1 large carton Cool Whip | |

Bake the cake mix following the directions on the box, but use 1/2 c. water and 1/2 c. oil. Bake on either a greased cookie sheet or a 9x13 inch pan (one makes a thin sheet cake - the other a deeper cake).

Beat the cream cheese until fluffy. Mix the pudding mix as directed on the box. Combine the two and spread on top of the cooled cake. Spread pineapple on top. Top with Cool Whip. Garnish with cherries and nuts (optional). Serves 24 from the cookie sheet pan.

TEXAS PECAN CAKE

Mrs. O. L. Menking -
Hallettsville, Texas

- | | |
|--------------------|--------------------------|
| 2 c. butter | 4 c. flour |
| 2 c. sugar | 1 1/2 tsp. baking powder |
| 6 eggs | 2 c. white raisins |
| 1 T. lemon extract | 4 c. pecans (unbroken) |

Cream butter and sugar. Add well beaten eggs and extract. Add flour and baking powder which have been sifted together with raisins and nuts mixed in. Blend well and pour into well greased tube pan and bake 2 hours at 275° F. This makes a large cake which keeps well for several days. Bake in stem pan 10x4 inches.

TOMATO CAKE

Las Vegas H. S. Rodeo Club
Las Vegas, Nevada

1/2 c. shortening
1 c. sugar
 Cream together. Add:
1 can tomato soup
 Sift 2 c. flour and add:
2 tsp. baking powder
1 tsp. cinnamon
 Add together with the tomato soup. Stir in 1 c. raisins and
1 c. chopped nuts. Bake in 350° oven for 1 hour. Top with
Cheese Frosting.

CHEESE FROSTING:

Cream 1 pkg. cream cheese with 1 c. brown sugar. Add
3 or 4 T. powdered sugar and 1 tsp. vanilla. Blend until smooth
enough to spread.

UNBAKED FROZEN CUPCAKES

Mrs. Bud Ireland -
Box Elder, South Dakota

(Makes 24)

Crush vanilla wafers. Place tsp. full in muffin cup.
Cream together:
1 c. butter
2 c. powdered sugar
 4 sq. of chocolate (melted)
 1 tsp. peppermint flavoring
 Add and beat in: 4 eggs (one at a time). Use a round
spoon to spoon on top of wafers. Top with Cool Whip and a
maraschino cherry. Freeze. Put cups in muffin tins to freeze.

VANILLA WAFER CAKE

Stacey Cole -
Sunset, Iowa

2 sticks margarine or butter
2 c. sugar
6 eggs
1 (12 oz.) box of vanilla
 wafers (crushed fine)
 1/2 c. milk
 1 c. chopped nuts
 1 (7 oz.) pkg. coconut

Cream butter and sugar until light and fluffy. Add eggs
one at a time, beating after each one. Add vanilla wafer crumbs
and milk alternately.

Fold in nuts and coconut. Bake in a tube pan or loaf pan
at 275° for 1 hour and 15 minutes. May add whipped topping
when serving.

WHITE SACCHARIN CAKE

Mary Staley -
Edwards, Illinois

- | | |
|--|-------------------------|
| 1 1/2 c. white syrup | 1/2 c. sweet milk |
| 3/4 c. shortening | 1 tsp. vanilla |
| 2 tsp. baking soda | 2 eggs (beaten lightly) |
| 2 1/2 c. flour | |
| 3 grains saccharin (dissolve in
1/2 c. hot water) | |

Cream syrup and shortening. Sift the dry ingredients together and add to creamed mixture. Add remaining ingredients and mix well. Grease and flour pan. Bake at 300° for 35 to 40 minutes or until it tests done.

DOUGHNUTS

Nancy Ellis -
Williston, North Dakota

- | | |
|------------------------|----------------|
| 2 eggs | 1 tsp. soda |
| 1 c. sugar | 1 tsp. salt |
| 1 c. buttermilk | 1 tsp. nutmeg |
| 1 1/2 T. melted butter | 1 tsp. vanilla |
| 1 tsp. baking powder | 3 c. flour |

Put eggs, melted butter, salt, vanilla and sugar into a bowl. Beat slightly. Add buttermilk to which soda has been added. Add the sifted dry ingredients. Roll out about 1/2 inch thick, with as little flour as possible. Cut, fry in hot fat (375 to 400°).

FROSTINGS

BROILER FROSTING

Mabel McPherson -
Sturgis, South Dakota

- | | |
|--|--------------------|
| 2 T. butter | 1/2 c. brown sugar |
| 2 T. cream | 1/2 c. coconut |
| 1/2 c. nutmeats <u>or</u> 1 c. coconut | |

Mix together and beat just enough to spread. When cake is baked, cool slightly and spread with the topping. Put in hot oven or under the broiler until brown.

If more people would drive right -- more people would be left!

CREAMY FRENCH FROSTING

Janice High -
Bozeman, Montana

2 T. water	1 tsp. vanilla
4 1/2 T. sugar	1 egg
2 1/3 c. confectioners' sugar	2/3 c. Crisco

Boil water and sugar together a few minutes to make syrup. Mix the confectioners' sugar and egg. Blend with sugar and water syrup. Add Crisco and vanilla. Beat until creamy. Great on Crazy Cake.

MINUTE BOIL FUDGE FROSTING

Nonabelle Ellefson - Marcus, South Dakota
Betty Keffeler - Sturgis, South Dakota

1 <u>or</u> 2 oz. chocolate (cut fine)	1 1/2 c. sugar
7 T. milk	2 T. vegetable shortening
2 T. butter <u>or</u> margarine	1/4 tsp. salt
1 T. white syrup	1 tsp. vanilla

Mix all but vanilla together and boil slowly at first. Then stir constantly and boil briskly for 1 minute or 1 1/2 minutes on humid days. Cool to lukewarm. Do not stir.

When cool add vanilla and beat until thick enough to spread. You may omit the chocolate and have a good white frosting.

• • • • •

ADDITIONAL RECIPES

CAMPING



CAMPING

AFTER THE RODEO SPECIAL

Pat Isenberger
Gillette, Wyoming

(It cooks while you spectate)

- | | |
|------------------------------------|--------------------|
| 1/2 c. chopped onions | 2 T. oil |
| Saute', then add: | |
| 1 lb. ground beef | 1 tsp. basil |
| 2 cloves garlic (minced) <u>or</u> | 1 1/2 tsp. oregano |
| 1 tsp. garlic powder | 1 tsp. salt |
| 2 cans chopped mushrooms | 1/2 tsp. Ac'cent |
| 2 (No. 1) cans tomatoes | 1/4 tsp. thyme |
| 2 cans tomato sauce | Pepper |
| 2 cans tomato paste | 1 bay leaf |
| 1/4 c. dry parsley | 1/2 tsp. cloves |
| | 1 c. water |

Simmer 2 hours or place in a crock pot. Cook spaghetti ahead and just immerse in hot water to heat. Place dabs of butter, salt and pepper on warmed spaghetti.

BACON-CHEESE POTATOES

Myrna Maffett -
Ninety-six, South Carolina

- | | |
|-----------------------------------|------------------------------------|
| 4 large baking potatoes | 6 slices bacon (cooked - crumbled) |
| (sliced) | 1 (8 oz.) pkg. process American |
| 1 large onion (sliced) | cheese slices |
| Salt <u>and</u> pepper to taste | |
| 2/3 c. butter <u>or</u> margarine | |

Place potato slices on a large piece of heavy duty aluminum foil. Cover with onion slices. Season with salt and pepper. Dot with butter and sprinkle bacon over vegetables. Cover with cheese slices and seal the foil tightly.

Cook about 1 hour on a grill or until the potatoes are done; turn several times. Yields 6 to 8 servings.

CHUCK WAGON BEANS

Mrs. John Hutson -
Sparta, Wisconsin

- | | |
|------------------------------|--------------------------------|
| 1/2 lb. bacon slices | 3 lbs. ground beef |
| About 3 c. finely chopped | 2 beef bouillon cubes |
| onion | 2/3 c. boiling water |
| 1 c. finely chopped celery | 1 1/2 c. catsup |
| 1 1/2 cloves garlic (minced) | 1 1/2 tsp. salt |
| 3 T. prepared mustard | 2 (29 oz.) cans molasses style |
| 1/2 tsp. pepper | beans - Continued on next page |

CHUCK WAGON BEANS (Continued).

Heat the oven to 375°. In Dutch oven or large roasting pan, fry bacon until crisp, set aside. Drain fat from pan.

In the same pan cook and stir ground beef, onion and celery until meat is brown and the onion is tender. Dissolve bouillon cubes in boiling water, stir bouillon and remaining ingredients into meat mixture. Cover and bake 1 hour and 15 minutes or until hot and bubbly. Crumble bacon, sprinkle over beans. Makes 12 servings of 1 c. each.

(Covered wagon kitchens, complete with pantries and tail gates once brought meals to cowboys driving cattle north from the Texas range to the new Kansas railroads. Menu: coffee, steaks, stews and beans, beans, beans.)

BURGER AND BEANS

Norene Bruner -
Box Elder, South Dakota

2 lbs. hamburger	1 onion
1 (16 oz.) can lima beans	1 (16 oz.) can kidney beans
1 (16 oz.) can stewed tomatoes	1 (16 oz.) can of corn
1 (16 oz.) can peas	3 T. chili powder

Saute' the hamburger and onion. Add all the other ingredients. Simmer on low heat for 30 minutes to 1 hour.

EASY CHICKEN DINNER

Mrs. Harold Peterson
Filer, Idaho

1 chicken - cut into pieces and lay in a roasting pan.	Mix together:
1 can cream of mushroom soup	2 c. quick rice
1 can cream of chicken soup	1 c. sherry <u>or</u> milk
1 can cream of celery soup	

Pour the above mixture over chicken. Cover with foil and bake for 1 hour at 375°. Uncover and continue at the same temperature until chicken is tender (about 1 more hour).

This is a real good dish to fix before you take off down the road. Just stick it in your camper oven and it will be done when you get to the rodeo.)

Footprints in the sands of time were not made by sitting down!!

CHILI CON CARNE

Darlene Bobroske
Merritt, British Columbia

- 2 T. shortening
- 1 large onion (chopped)
- 1 (19 oz.) can kidney beans
(drained)
- 1 c. water
- 1 tsp. salt

- 1 lb. ground beef
- 1 green pepper (chopped)
- 2 cans condensed tomato soup
- 2 T. chili powder
- 1/8 tsp. cayenne pepper

Heat the shortening in a large skillet. Add the ground beef, onion and green pepper. Cook, stirring occasionally until meat is brown. Add the remaining ingredients. Cover and cook over low heat, stirring occasionally, for 1 hour. Serves 6.

RODEO CHILE COLORADO

Pat St. Clair -
Atascadero, California

- 2 round steaks (cut up
chunk size)
- 2 cans stewed tomatoes
- 3 cans tomato sauce
- 2 bell peppers (cut up)
- 2 onions (cut up)
- 3 or 4 Jalapeno peppers
(depending how hot you
like)

- 1/2 T. garlic powder
- 2 T. chili powder
- Salt and pepper to taste
- 1 c. water (no more - makes
its own juice)
- 1 block chile con carne

Dump everything into roaster. Cook slowly about 1 1/2 hours or until the vegetables are done. Super good especially to take to a rodeo - all you need is flour tortillas.

COW COUNTRY CHILI

Donna Melvin -
Holabird, South Dakota

Brown 1 large onion in bacon grease. Add 3 lbs. of lean home ground or at least U. S. Choice ground beef (no imported leathery stuff). Simmer, add 2 large cans dark red kidney beans (303 size), 1 can Campbells tomato soup, 1/2 tsp. salt and 1 tsp. chili powder.*Simmer until the ranch crew stops to eat. *1 qt. home grown canned tomatoes

Sad fact of life: square meals make round people!

COWBOY PIE

Mrs. Del Clock
Alliance, Nebraska

Brown 2 lbs. of hamburger. Drain and mix in 1 can of mushroom soup. In a 2 qt. casserole put in first 1 medium size can of chili beans. Then 1 can drained green beans. Add the hamburger mixture. Spread prepared instant potatoes over hamburger and add American cheese on top.

Cook at 350° until the cheese bubbles. This will feed a crew of 8 really well.

COWBOY STEW

Linda Moore
Midwest, Wyoming

1 lb. ground beef	Salt <u>and</u> pepper to taste
1 pint cream	2 c. potatoes (raw and diced)
2 small onions	

Combine all ingredients and cook 2 1/2 hours at 350°.

CREAMED EGGS AND TUNA

June Edmondson -
Horseshoe Bend, Idaho

1 can cream of mushroom soup	4 hard cooked eggs (cut up)
1/3 c. evaporated milk	Salt <u>and</u> pepper
1 large can of tuna	Tabasco Sauce

Combine, heat and serve on hot crisp toast.

CROCK POT - PORK CHOPS AND RICE

Mrs. Harold Peterson
Filer, Idaho

6 <u>to</u> 8 pork chops (browned)	1 small onion (chopped)
Instant rice (small box)	Green pepper (chopped)
1 can whole corn	1 qt. canned tomatoes
1 can mushroom stems and pieces	

In the bottom of your crock pot dump the box of instant rice, followed by the corn, mushrooms, chopped onion and chopped pepper. On top of this lay the browned pork chops and pour the tomatoes over all. Cover and leave on low all day.

When you come in at night for supper, lift off the pork chops to serving platter, mix the other goop together, salt and pepper. Turn to high. It just takes a few minutes to have the Spanish Rice done. (May have to add a small can of tomato sauce if the rice is too dry.)

BEEF 'N SPICE (Crockery cooking recipe)Beth Mason
Butler, Illinois

Cooking Setting -- 300°

Cooking Time -- 8 to 10 hours

3 to 4 lbs. beef pot roast	1/4 tsp. pepper
1 (1 lb.) can tomatoes	1 bay leaf
1 T. wine vinegar	6 whole cloves
1/4 c. water	1 clove garlic (minced)
2 tsp. mixed pickling spice	1 tsp. salt

Trim fat from meat. Cut to fit in crock pot. Cover and cook 8 to 10 hours.

HAMBURGERS AND TOMATOESElko H.S. Rodeo Club
Elko, Nevada

Lightly salt and pepper 6 lbs. of hamburger. Brown in a frying pan. Add an onion and brown lightly. Put meat and onion into roaster. Add:

2 cans tomato sauce	Salt, Pepper, green pepper,
2 cans water	garlic powder <u>and</u> chili
2 cans solid pack tomatoes	powder

Simmer in the oven for 1/2 hour or more, quickly at 450° or slowly at 350°. You can also fry the ingredients and simmer in the frying pan.

HAMBURGER HOT DISHKim Cowan
Pierre, South Dakota

Brown about 2 lbs. hamburger. Put in the bottom of a cake pan. Slice 7 medium potatoes on top. Add 1 sliced onion, 1 can mushroom soup and 1 can of canned milk on top of all.

Bake at 350° for 1 hour. You can also add 1 can of green beans.

MACARONI AND BEEF CASSEROLELinda Moore -
Midwest, Wyoming

2 T. fat	1 c. elbow macaroni
1 medium onion (chopped)	1 can mushrooms and juice
1 lb. ground beef	1 tsp. salt
1/4 lb. cubed cheese	
1 can tomato soup	

Cook macaroni and drain. Brown beef and onions in fat. Add all other ingredients, add macaroni and cheese last. Bake 30 minutes at 400°.

JOHNNIE MOSSETTI

Mrs. Larry Streeter (Jeanne)
New Windsor, Illinois

2 lbs. ground meat
1 large pkg. noodles
1 stalk of celery (chopped
fine)
1 large onion (chopped)
1 medium green pepper
(chopped)
1 can mushroom pieces
(optional)

1 can tomato sauce
1 can tomato soup
1/2 jar stuffed olives (sliced)
1 lb. sharp cheese (grated)
1 T. chili powder or to taste
Celery salt, salt and pepper to
taste

Brown meat, onions, celery and pepper. Add mushrooms and 1/2 the olives. Cook noodles in salted water until almost done. Drain.

Add noodles, sauce, seasonings and 1/2 the cheese. Garnish with the rest of the cheese and sliced olives. Bake until cheese melts. I put this in my crock pot on low for about 3 hours. It was ready to eat when we got back from the rodeo. It also freezes well.

SEVEN-UP DISH

Janice Konicek
Bancroft, Nebraska

Place in layers in a baking dish:

Potatoes (sliced thin)	1 1/2 lb. hamburger (browned lightly)
Onions (sliced thin)	1/2 tsp. salt
Peas (canned or frozen)	Dash of pepper

Cover with 1 can undiluted tomato soup. Bake, covered, at 350° for 1 1/2 hours. Remove the lid the last few minutes of baking to brown.

RODEO TIME SAVER

Rhonda Nunez
Houmay, Louisiana

1 can whole corn	4 green onions
1 can whole stewed tomatoes	Dash of parsley
2 lbs. ground meat	Salt <u>and</u> pepper to taste
2 large onions	

Continued on next page.

RODEO TIME SAVER (Continued).

Saute' the onions and parsley. Add ground meat and slowly cook. Add the can of whole corn and tomatoes. Simmer for 20 minutes. Serves 10. Also can be served over steamed rice.

SLOPPY JOES FOR RODEO GO'ERS

Pat Isenberger -
Gillette, Wyoming

2 T. butter	2 tsp. prepared mustard
1 chopped onion	2 tsp. paprika
2 1/2 tsp. sugar	1 tsp. Worcestershire Sauce
2 tsp. Tabasco	1 c. tomato catsup

Melt butter, add onions and saute'. Add the dry ingredients, etc. Bring to a boil and brown 1 1/2 lbs. hamburger. Add the hamburger to sauce and serve on hamburger buns.

SPUDS A GO GO

Mrs. John Hutson
Sparta, Wisconsin

3 medium sized potatoes (peeled - sliced)	1 (10 oz.) can tomato soup
1 (21 oz.) can pork and beans	Salt <u>and</u> pepper
1 lb. hamburger	
3 T. instant minced onion flakes	

Layer the potatoes, onion flakes, beans and raw hamburger in a 1 1/2 qt. casserole. Pour soup and liquid over the top. Cover and cook for 30 minutes in a 350° oven. Remove the cover and bake 30 minutes longer or until the potatoes are done.

(If its Dad's turn to get the camp supper, he may find this an easy recipe to use.)

BEEF JERKEY

Las Vegas H.S. Rodeo Club
Las Vegas, Nevada

1 lb. lean ground beef	1 garlic powder
1 T. salt <u>and</u> brown sugar	

Mix ingredients together. Roll thin between waxed paper. Place on a covered barbecue with three preheated coals. Let cook slowly until firm. Cut into strips. Finish cooking until chewy and firm.

SALAMI

Tim and Todd Titus
Springfield, Oregon

Mix and refrigerate 24 hours:

4 1/2 lbs. ground venison or
elk

1 1/2 lbs. lean sausage

6 lbs. ground beef (the
inexpensive kind - not lean)

OR

2 tsp. Prague (can be purchased at
most meat packing shops or butcher
shops)

3 T. salt

The next day add the following ingredients and knead:

2 T. sugar

1 1/2 T. garlic powder

3/4 c. powdered milk

1/2 tsp. pepper

1 tsp. cayenne pepper

2 T. liquid smoke (for oven method -
omit if using a smoker)

Divide into 1 1/2 lb. rolls.

OVEN METHOD:

Wrap in aluminum foil. Make some small holes in bottom so fat
can drain out. Place on a rack in shallow pan (like a broiler
pan). Bake 1 1/4 hours at 325°.

SMOKER METHOD:

Wrap the rolls in cheese cloth. Smoke until internal
temperature is 155 to 160°. About 4 to 6 hours.

OKLAHOMA BALOGNA

Mrs. Lynn Franks
Buffalo, Oklahoma

2 lbs. hamburger

1 T. liquid smoke

1 c. water

2 T. Morton's Tender Quick

1/8 tsp. salt

1/8 tsp. garlic salt

Mix all ingredients well and shape into two long rolls.
Refrigerate for 24 hours. Bake at 275 to 300° for one hour and
15 minutes. It will be red when done.

OKLAHOMA BEEF JERKY

Angie Franks Nielson, Oklahoma

1 beef flank steak (can use
other steaks)

1/4 tsp. garlic salt

1/2 c. soy sauce

1/4 tsp. lemon pepper

Continued on next page.

OKLAHOMA BEEF JERKY (Continued).

Trim off visible fat from steak. Cut meat lengthwise not more than 1/4 inch thick. Meat cuts easier if partly frozen. Let meat strips set in the mixture of soy sauce and garlic salt and lemon pepper, for 30 minutes.

Hang meat on oven rack for 8 hours or overnight at oven temperature of 120 to 140° or as low as the oven will go. Cool and store at room temperature in airtight jar.

PICKLED EGGS

Mrs. L. Chmielewski
Monte Creek, British Columbia

- | | |
|------------------------|-------------------------------|
| 2 1/4 c. white vinegar | 1 T. mixed pickling spice |
| 1 c. water | 1 bay leaf - Onion and garlic |
| 3 T. pickling salt | 16 hard boiled eggs |

Bring water, vinegar, salt, spices and bay leaf to a boil (the spices should be tied in cheesecloth to be lifted out and discarded later - also discard bay leaf when liquid is poured over eggs.)

Pack peeled eggs into quart jars along with 1 slice of onion and 1 clove of garlic (cut in half). Pour cooled vinegar solution over eggs and put on sealer lid.

Keep in the refrigerator or cool place - may be used in about 10 days.

RODEO SALAD

Beth Mason -
Butler, Illinois

- | | |
|--|---------------------------------------|
| 1 pkg. Kraft macaroni and
cheese dinner | 1/4 c. sliced green onion |
| 2 c. kidney beans (1 lb. can
drained) | 1/3 c. sliced sweet pickle |
| | 1/2 c. Miracle Whip salad
dressing |

Prepare dinner as directed. Add the remaining ingredients and toss lightly. Chill - makes 4 to 6 servings.

MACARONI SALAD (To take along)

Shirley Rathbun
Hullett, Wyoming

- | | |
|---|---|
| 1 (1 lb.) box Acini-de-
Pepé macaroni | 1 (9 oz.) carton whipped topping |
| 2 T. salad oil | 1 1/2 c. pineapple juice <u>or</u>
fruit juice |
| 4 cans tropical fruit salad
<u>or</u> 2 cans pineapple tidbits
<u>or</u> mandarin oranges | 1 c. sugar - 2 T. flour |
| 1 c. coconut (optional) | 2 beaten eggs |
| 2 c. miniature marshmallows | 2 T. lemon juice |

Continued on next page.

MACARONI SALAD (Continued).

Cook the macaroni (can substitute any macaroni). Drain and rinse well with cold water. Stir in salad oil and chill.

Add fruits, marshmallows and whipped topping. Combine with dressing:

Combine fruit juice, salt, sugar, flour and cook over medium heat until slightly thickened. Add to beaten eggs and return to heat. Cook about 1 minute. Cool and add the lemon juice. Mix with other ingredients and chill.

PISTACHIO SALAD

Janice High
Bozeman, Montana

- | | |
|--|--|
| 1 (20 oz.) can crushed
pineapple with juice | 2 <u>or</u> 3 c. miniature marshmallows
Cool Whip |
| 1 small box instant pistachio
pudding | |

Stir the pineapple and pistachio pudding together. Add the marshmallows and enough Cool Whip to suit yourself. Ready to eat immediately.

AN AVERAGE WINNER

Pat Isenberger - Gillette, Wyoming
Myrtle Lewis - Wyoming
Steve Prince - Deer Park, Washington

- | | |
|---|----------------------------------|
| 1 pkg. lemon Jello <u>or</u> orange
Jello (dry) | 1 small carton of cottage cheese |
| 1 can drained crushed
pineapple <u>or</u> mandarin oranges | |
| Mix all together. Place in the ice box for 2 to 4 hours. | |

JIFFY SALAD

Carolyn Oedekoven - Wyoming

- | | |
|---------------------------|-----------------------------|
| 1 can tuna fish (drained) | 2 <u>or</u> 3 sweet pickles |
| 2 hard boiled eggs | Lettuce |

Toss together with salad dressing. Chill a while before serving.

Education is one thing everyone gets on the installment plan.

SWEET-SOUR BEAN SALAD

Fern Grams - Wyoming

- 1 (15 1/2 oz.) can cut green beans
 1 (15 1/2 oz.) can cut wax beans

- 1 (15 1/2 oz.) can cut kidney beans

Drain the above 3 kinds of beans. Chop 1 medium onion and dice 3 stalks of celery. Add to the beans. Mix together:

- 3/4 c. sugar
 1/3 c. salad oil
 1 tsp. salt
 2/3 c. vinegar
 1/2 tsp. pepper

Pour over beans. Toss and let marinate 24 hours in the refrigerator. Toss again, drain and serve.

TRAVELER FRENCH DRESSINGPat Isenberger
Gillette, Wyoming

- 1 c. oil
 2/3 c. vinegar
 1/4 c. sugar (heaping)
 1 tsp. dry mustard
 1 tsp. salt
 1 tsp. celery seed
 1 T. minced onion
 1 can tomato soup

Mix all thoroughly. Place in a covered jar. Add a small clove of garlic and leave in the dressing a few days. Refrigerate and take with you.

HOT VEGETABLE SALAD FOR CROCK POTMrs. Bud Ireland -
Box Elder, South Dakota

- 1 can green beans
 1 can golden wax beans
 1 pkg. frozen cauliflower
 1 pkg. frozen broccoli

Cook the frozen vegetables. Drain green vegetables. Heat 2 cans of mushroom soup. Cube 1 c. of Kraft soft cheese. Add cheese to soup and heat on stove until melted.

Pour over vegetables in crock pot, cook on Low for 3 to 4 hours. May use asparagus, but be careful not to cook too long. Place at top of crock pot. For full crock pot use 2 cans each of beans.

SOUR CREAM FRUIT SALADJoan Thornton - Las Vegas, Nevada
Moorcroft Classes, Wyoming

- 1 c. coconut
 1 c. miniature marshmallows
 1 c. pineapple tidbits
 1 c. sour cream (commercial)
 1 c. canned mandarin oranges

Mix together in shallow dish. Let stand overnight in the refrigerator.

CHERRY DELIGHT

Annie Bryant - Wyoming

1 can cherry pie filling.

Mix:

1/4 c. miniature marshmallows 1 tsp. lemon juice

Whipped cream

Spread mixture on graham crackers, top with crumbs.

FRIED PIES

Mrs. Jack Cole

Sugartown, Louisiana

1 can canned biscuits
(10 biscuit size)

2 c. size can pie filling

About 1/2 c. shortening

Roll out biscuits between waxed paper and chill. Place a heaping T. of the pie filling on one side of rolled out biscuit. Fold other side over and press edges with a fork. Fry in electric skillet or a skillet over camp fire. Use only a small amount of Crisco for each pie. Serves 5 to 10, depending on appetite.

COWBOY COOKIES (350° 10 mins.)

Laurie Warburton

Las Vegas, Nevada

Mix together:

2 c. flour

1 tsp. baking soda

1/2 tsp. baking powder

1/2 tsp. salt

Mix until fluffy:

1 c. shortening or butter

1 c. brown sugar

1 c. white sugar

2 eggs

Add flour mixture and 2 c. oatmeal, 2 c. coconut (optional) and 1 tsp. vanilla. Great for goin' down the road munchies!

ORANGE SURPRISE CAKES

Evelyn Sim --

Fort St. John, British Columbia

6 large thick skinned oranges 1 white cake mix

Cut slice from top of each orange - remove pulp and juice (do not discard).

Mix cake according to directions using some of the juice and pulp as part of liquid called for. Pour batter into orange shells, filling about 2/3 full. Wrap each "cupcake" in a square of foil, being careful to keep them upright.

Place in moderately hot campfire coals to bake - turn carefully to bake evenly -- should be ready to eat with a spoon out of the shell in about 10 to 15 minutes.

BREAKFAST APPLE PIE

Steve Prince -
Deer Park, Washington

2 c. applesauce

1 c. grated cheese

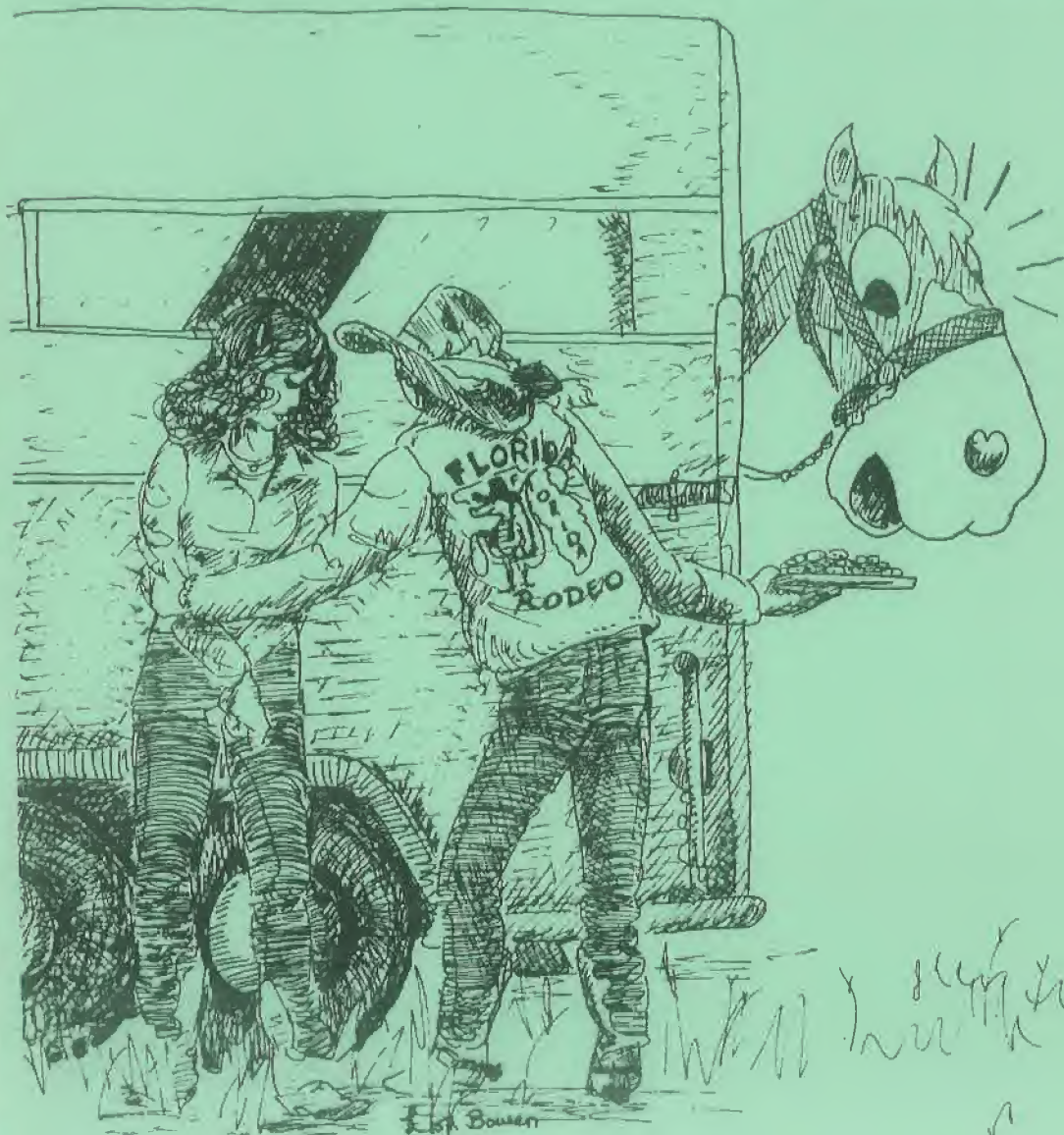
4 slices bread

Toast bread and spread margarine on it. Place toast on cookie sheet, spread applesauce on it and sprinkle cheese over the top. Broil until cheese is bubbly.

• • • • •

ADDITIONAL RECIPES

COOKIES & BARS



29
"Thanks for the cookies.. *Heck!* I can't wait to taste 'em!"



COOKIES

APPLESAUCE COOKIES

Smokey Weagant
Lovelock, Nevada

1 c. applesauce	1 tsp. salt
1 c. seedless raisins	1 tsp. baking powder
1 c. granulated sugar	1 tsp. cinnamon
1/2 c. shortening	1/2 tsp. soda
1 egg (unbeaten)	1/2 tsp. nutmeg
2 c. sifted all-purpose flour	1/2 tsp. cloves
	1 c. chopped nuts

Mix the applesauce and raisins, set aside. Combine sugar, shortening and egg in a mixing bowl, beat until fluffy. Stir in the applesauce and raisins. Sift flour with salt, baking powder, soda and spices. Add and mix, stir in the nuts. Drop soft dough by tsp. 2 inches apart on greased baking sheet. Bake at 375° for 12 to 15 minutes. Makes 4 to 5 dozen soft cookies.

ALMOND COOKIES

Joyce Matteson
Mooreland, Oklahoma

1 1/2 c. sugar	1/2 tsp. almond flavoring
1 c. oleo	2 1/2 c. flour
1 egg	1 tsp. soda
1 tsp. vanilla	1 tsp. cream of tartar

Cream sugar and oleo, mix in egg and flavorings. Stir dry ingredients together and blend in. Refrigerate 2 to 3 hours. Heat oven to 375°. Bake.

BUTTERSCOTCH COOKIES (Overnight)

Gloria Trainer
Faith, South Dakota

2 c. brown sugar	1 tsp. cream of tartar
1 c. shortening <u>or</u> butter	1 tsp. vanilla
2 eggs	3 <u>to</u> 4 c. flour
1 tsp. soda	1 c. walnuts

Make into rolls and put in the refrigerator overnight. In the morning cut into slices and bake at 350° until a light brown.

CHERRY WINKS

Shari Wenbourne
Taber, Alberta

2 1/4 c. sifted flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
3/4 c. margarine
2 eggs

1 c. sugar (white)
2 T. milk
1 c. chopped nuts
1/3 c. cut up maraschino
cherries

Sift together flour, baking powder, salt and soda. Beat butter until creamy, add sugar gradually and beat until real light and fluffy. Add eggs one at a time. Stir in milk, vanilla. Add flour mixture, nuts and cherries. Mix well.

Roll into balls (a dessert spoon each). If desired roll in slightly crushed cornflakes. Top each with 1/4 of a maraschino cherry. Bake at 375° for 12 minutes.

CHOCOLATE COOKIES

Joanne Miller
Westwold, British Columbia

1/2 c. butter
1/2 c. cocoa (2 sq. chocolate)
1/2 c. milk
2 c. white sugar
1 tsp. vanilla

Mix everything in a pot and boil together 5 minutes - no more. Remove from heat, add:

3 c. oatmeal
1/2 c. coconut

Mix well and drop by spoonfuls onto greased waxed paper. Makes about 3 dozen.

CHOCOLATE CHIP COOKIES

Shelly Tillert -
Welliston, North Dakota

(Mix with electric mixer until smooth)

2 c. brown sugar
1 c. white sugar
1 c. Crisco
6 eggs
2 tsp. vanilla

Then add the rest of the ingredients and mix well with mixer. Add chips and nuts.

6 c. flour
1 tsp. soda
4 tsp. baking powder
2 tsp. salt

Bake at 325° oven until lightly browned.

Are you working hard or hardly working?

CHOCOLATE CHIP COOKIES

Trina Shoemaker
Illinois HSR '78 Queen
Vienna, Illinois

1/2 c. shortening
1 tsp. vanilla
1/2 c. sugar
1/4 c. brown sugar
1 egg (beaten)

1 1/2 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
1 (12 oz.) pkg. chocolate chips

Cream the first 4 ingredients. Add egg. Mix in the other ingredients. Drop onto greased cookie sheet to bake at 350° for 10 to 12 minutes.

CHOCOLATE FUDGE COOKIES

Mrs. J. R. Weigant
Edinberg, Illinois

1 T. shortening
1 1/2 c. chocolate chips
1 can Eagle Brand milk

1 c. flour
1 c. chopped nuts
1 tsp. vanilla

Melt shortening and chocolate chips in a double boiler. Remove from fire, add the can of milk. Mix in flour and add the vanilla and nuts. Let cool. Drop by spoonfuls. Bake at 350°. Take out of the oven while the cookies are still soft and they will get hard fast.

CHOCOLATE-OATMEAL COOKIES (Unbaked)

Kim Cowan
Pierre, South Dakota

3 T. cocoa
1/4 lb. butter

2 c. sugar
1/2 c. milk

Full boil for 1 minute exactly. Add:

3 c. oatmeal
1/2 c. coconut

1/2 c. nutmeats
1 tsp. vanilla

Drop by tsp. onto waxed paper or foil.

DOUBLE CHOCOLATE REBEL COOKIES

Belva Grubl
Sturgis, South Dakota

1 1/2 c. sugar
1 1/4 c. Crisco (may use
part butter)
1 egg or 2 small ones
6 T. cocoa
1 c. flour
1/2 tsp. salt

1/2 tsp. soda dissolved in
1/4 c. warm water or coffee
3 c. oatmeal
12 oz. chocolate chips
1 c. coconut
1/2 c. nuts

Continued on next page.

COWBOY COOKIES

Cream together:

1 c. shortening 1 c. white sugar

1 c. brown sugar

Add 2 eggs and cream some more. Add and mix well:

2 c. flour

1 tsp. vanilla

1 tsp. soda

2 c. rolled oats

1/2 tsp. baking powder

1/2 or 1 pkg. chocolate chips

1/2 tsp. salt

Raisins may be substituted for the chocolate chips. Drop by spoonfuls onto baking sheet. Bake at 350° for 12 to 15 minutes.

Hint: Drop by T. to make cookies the size of a buffalo chip.
6 will fit on a cookie sheet.

GRANOLA CHOCOLATE CHIP COOKIES

Kathy Peck --

Ft. St. John, British Columbia

6 T. margarine

1 c. all-purpose flour

4 T. honey

1/4 tsp. salt

4 T. brown sugar

1/2 tsp. baking soda

1 large egg (well beaten)

1 c. Granola

1/2 tsp. vanilla

2/3 c. chocolate chips

Preheat oven to 375°F. Cream margarine with honey and brown sugar. Add the beaten egg and vanilla, beat well. Sift together flour, salt and baking soda. Add the dry ingredients to batter and beat well. Fold in granola and chocolate chips. Drop by tsp. onto ungreased cookie sheet. Bake at 375°F for 8 minutes.

JELLY COOKIES (Easy recipe)

Helen Frosier
Benkelman, Nebraska

1/4 lb. butter (melted)

2 c. flour

1 c. sugar

1 tsp. baking powder

1 egg

Jam or jelly

Continued on next page.

JELLY COOKIES (Continued).

Cream the butter and sugar. Mix in egg. Stir in flour and baking powder. Reserve 1/2 c. for the top.

Roll the rest out on a cookie sheet thin. Spread with jelly. Crumble remaining dough over the top. Bake at 350° until slightly brown (about 15 minutes). An old German recipe - freeze well.

Note: I just press the dough on the cookie sheet instead of rolling it out.

LEMON BARS

Cindy Loetscher
'78 Barrel Racing Champ
Alexander, Arkansas

2 c. flour

1/2 c. powdered sugar

2 sticks butter

Mix and press into a 9x12 inch floured cake pan. Bake at 350° for 25 minutes.

4 eggs

1/2 tsp. baking powder

1/3 c. lemon juice

1/4 c. flour

2 c. sugar

Pour on top of baked mixture. Place back in the oven for 25 minutes. When done, shake powdered sugar on top of bars.

NORTH DAKOTA COOKIES

Ronda Rustad
Kindred, North Dakota

*3/4 c. oil

*3 c. flour

*3/4 c. brown sugar

*1 tsp. salt

*1/3 c. honey

1 tsp. soda

*2 eggs

*1 c. sunflower seeds

1 tsp. vanilla

1 c. chocolate chips (optional)

*1 c. oatmeal

(* grown and processed in North Dakota.)

Mix all ingredients together well. Bake for 10 to 12 minutes at 375°.

NO BAKE COOKIES

Mary Brunelle - Williston, North Dakota
Rochelle Rustad - Kindred, North Dakota

1/2 c. white sugar

3 c. "Special K" cereal

1/2 c. white syrup

1 (6 oz.) pkg. butterscotch
chips

3/4 c. peanut butter

1/2 (6 oz.) pkg. chocolate chips

1 tsp. vanilla

Continued on next page.

NO BAKE COOKIES (Continued).

Bring sugar and syrup to a boil. Remove from heat as soon as it starts to boil. Add peanut butter, vanilla and cereal. Put into a 9x13 inch pan.

Melt the chips and spread on top. Cool and cut into pieces.

NUT FINGERS

Wilma Hope -
Lithonia, Georgia

1/2 c. margarine	4 T. sugar
1 c. pecans	1 tsp. vanilla
1 1/2 c. flour (plain)	

Make into small balls and shape into finger shape. Place on greased cookie sheet. Bake at 300° for 35 to 40 minutes. Roll in powdered sugar while hot.

OATMEAL COOKIES

Sylvia Lee
Elk Mound, Wisconsin

1/2 c. white sugar	1 tsp. baking powder
1/2 c. brown sugar	1 c. white flour
1/2 c. shortening	1 1/2 c. oatmeal
1 egg	1 tsp. vanilla
1 tsp. soda in 1 T. hot water	

Cream sugar, shortening and egg. Add remainder of ingredients in order given. Drop onto cookie sheet. Bake 8 to 10 minutes at 350° oven. (I usually double the recipe because they are so yummy!)

SOFT OATMEAL COOKIES

Mary Brunelle
Williston, North Dakota

1 c. shortening	2 eggs
1/2 c. brown sugar	2 c. oatmeal
1/2 c. white sugar	2 c. flour
1 c. raisins (boil 10 minutes - take 5 T. liquid from raisins and mix with 1 tsp. soda)	1/2 tsp. salt
	1 tsp. cinnamon
	2 tsp. vanilla
	1 tsp. nutmeg
	Nuts

Bake at 375° oven.

PEANUT BRITTLE COOKIES

Nancy Ellis -
Williston, North Dakota

1 c. white sugar	2 eggs
1 c. brown sugar	1 tsp. vanilla
1 c. shortening	1/2 tsp. salt
1 c. crushed peanut brittle	1 tsp. soda
3 c. flour	

Cream sugar and shortening, add beaten eggs, peanut brittle, the sifted dry ingredients. Drop onto cookie sheet with tsp. Mark with a fork and bake in a moderate oven (350 to 375°).

PEANUT BUTTERSCOTCH CORNIES

Mrs. L. Chmielewski -
Monte Creek, British Columbia

1 c. butterscotch bits	4 c. cornflakes
1/4 c. peanut butter	

Melt the butterscotch bits and peanut butter in top of a double boiler or over very low direct heat. Remove from stove and stir in slightly crushed cornflakes, mixing well until they are well coated with butterscotch mixture. Drop by tsp. onto waxed paper. Chill - makes 24.

RANGER COOKIES

Allison Sherrell
Oregon H. S. R. '78 Queen

1/2 c. shortening	1/2 tsp. soda
1/2 c. sugar	1/4 tsp. baking powder
1/2 c. brown sugar	1/4 tsp. salt
1 egg	1 c. quick cooking oats
1/2 tsp. vanilla	1 c. wheat flake cereal
1 c. flour	1/2 c. shredded coconut

Heat the oven to 375°. Combine shortening, sugars, egg and vanilla. Cream. Sift flour, measure and sift together all the dry ingredients. Add to the shortening. Combine quick cooking oats, wheat cereal and the coconut to ingredients above. Drop by tsp. onto cookie sheet. Bake 10 minutes.

Principle is an opinion that has stood the test
of time!!

SUNFLOWER SEED COOKIES

Mrs. Karl Richardson
Pasco, Washington

1 c. margarine	2 eggs
1 c. brown sugar	1 tsp. vanilla
1 c. white sugar	1 1/2 c. flour
3/4 tsp. salt	1 tsp. soda
3 c. quick oats	1 c. shelled sunflower seeds

Cream together the margarine, brown sugar, white sugar; add eggs and vanilla. Blend well. Add flour, salt, soda, oats and sunflower seeds. Mix well and drop on ungreased cookie sheet. Bake 10 minutes at 350°. Makes 2 dozen.

THIMBELINA COOKIES

Mrs. Vernon Brown - Faith, South Dakota
Kathy Peck, Ft. St. John, British Columbia

Yields 3 dozen. Bake in 350° oven.

1/2 c. butter (1 stick - softened)	1 c. flour
1/4 c. sugar	1/2 tsp. salt
1 egg yolk (well beaten)	1 egg white (unbeaten)
1 tsp. vanilla <u>or</u> 2 tsp. lemon juice	1 c. crushed walnut meats

Cream butter and sugar. Beat in egg yolk and vanilla. Blend in flour and salt. Shape into 1 inch balls. Dip each ball into the egg white, then into finely chopped nutmeats or coconut. Make a dent in the center of each ball. Bake 5 minutes, remove from the oven and dent again. Bake 12 to 15 minutes longer. Cool, then fill hole with frosting. (For Christmas I colored the frosting red and green.)

CREAM CHEESE FROSTING:

1 (8 oz.) pkg. cream cheese	3 c. powdered sugar
1 stick margarine	

Mix with electric mixer -- have the ingredients at room temperature.

For decorating or for cookies, add powdered sugar to thicken a little more and it will set up.

Arguments often bring out more spite than light!!

WHEAT GERM CRISPIES

Lori Gunter
Las Vegas, Nevada

1 1/4 c. shortening (margarine)	1 tsp. salt
2 c. brown sugar	1 tsp. soda
2 beaten eggs	3 c. oats
1 tsp. vanilla	1/2 c. wheat germ
1 1/2 c. flour	1 c. nuts

Combine the ingredients in the order listed. Drop by tsp. onto greased cookie sheet. Bake 10 minutes at 350°F.

WYOMING TIMED EVENT SPECIAL COOKIES

Pat Isenberger
Gillette, Wyoming

1 c. butter (melted)	1 c. brown sugar
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Boil together for 3 minutes.

Cover a large cookie sheet with aluminum foil. Cover the sheet with 44 to 50 Waverly Wafers or Club House crackers (break apart). Pour mixture over crackers - spread evenly. Cover with 1 or 1 1/2 c. milk chocolate chips and 1 c. chopped walnuts (sprinkle). Bake in 350° oven for 3 minutes. Remove as soon as possible.

B A R S

APPLE BARS AND FROSTING

Kim Cowan
Pierre, South Dakota

2 1/2 c. flour	1 c. margarine
1 tsp. salt	

Mix like a pie crust. Add 1 egg yolk beaten in 2/3 c. milk. Roll out 1/2 of the dough in a 10x15 inch rectangle. Sprinkle with 1 c. crushed Rice Krispies or corn flakes and 8 to 10 sliced apples. Sprinkle with 1 c. sugar and 1 tsp. cinnamon. Put on the top crust, seal edges. Beat 1 egg white until stiff and brush over the top crust. Bake at 350° for 60 minutes or until apples are done.

FROSTING:

1/2 T. water	1/2 tsp. vanilla
1 c. powdered sugar	

Pour on bars while still warm.

BROWNIES

Fern Walker - Owyhee, Nebraska

6 oz. butter	1 c. chopped pecans
2 c. sugar	1 c. flour
4 oz. melted chocolate	1/2 tsp. salt
4 beaten eggs	1 tsp. vanilla

In a bowl blend the butter and sugar. Combine butter mixture with all the other ingredients. Mix well. Pour mixture into a greased square baking pan. Bake at 350° for 20 to 25 minutes. Use a toothpick to test for doneness. Remove pan to a rack. Cut cake into squares and let stand to cool. Yields 20.

CHOCOLATE SYRUP BROWNIES

Marsha Baer; Stacy, Minnesota
 Betty Keffeler; Sturgis, South Dakota
 Shelly Tillert; Williston, North Dakota

1 stick butter <u>or</u> margarine	1 c. <u>plus</u> 1 T. flour
1 c. sugar	1/2 tsp. baking powder (optional)
4 eggs	1/2 c. chopped nuts (optional)
1 tsp. vanilla	

1 (16 oz.) can chocolate syrup

Mix well and bake at 350° for 30 minutes in a greased 13x9 inch cake pan.

FROSTING:

6 T. butter	1 1/2 c. sugar
-------------	----------------

6 T. milk

Boil for 30 seconds. Remove from heat and add 1/2 c. chocolate chips. Beat until smooth, pour on Brownies.

NUT CHOCOLATE BARS

Jean Jones -
 Taylorville, Illinois

1/3 c. shortening	1/4 tsp. soda
1 c. brown sugar	1/4 tsp. salt
1 egg	1/2 <u>to</u> 1 c. chocolate chips
1 tsp. vanilla	1/2 c. nuts
1 c. flour	

Cream the shortening and sugar; add egg and vanilla. Beat well. Mix flour, salt and soda; add to the creamed mixture. Beat well. Add chips and nuts. Spread in 11 1/2 x 7 1/2 inch pan. Bake at 350° for 20 to 25 minutes. Cut in bars while warm.

Note: Recipe can be doubled.

FUDGE SQUARES

Veronica Wheatley
Hussar, Alberta

- | | |
|--|---------------------------------|
| 1/2 c. margarine | 1 tsp. vanilla |
| 2 (1 oz.) squares unsweetened chocolate (melted) | 3/4 c. flour |
| 2 beaten eggs | 1/2 tsp. baking powder |
| 1 c. white sugar | 1/2 tsp. salt |
| | 1 c. chopped walnuts (optional) |

Combine margarine, eggs, sugar and beat. Add melted chocolate and stir. Add salt and baking powder to flour and stir in. Then add to the first mixture. Add nuts and vanilla. Bake at about 350° for approximately 30 minutes in an 8x8 inch pan.

ICING:

- | | |
|----------------------|-----------------------------|
| 1 1/2 c. white sugar | 1/2 c. milk |
| 2 T. margarine | 1 T. corn syrup |
| 1/4 tsp. salt | 2 oz. unsweetened chocolate |

Bring slowly to a full rolling boil, stirring constantly. Boil briskly 1 1/2 minute. Cool to lukewarm. Add 1 tsp. vanilla and beat until thick enough to spread.

CARAMEL CHOCOLATE BARS

Mrs. John Hutson
Sparta, Wisconsin

- | | |
|--|--|
| 1 (14 oz.) bag caramels | 2/3 c. evaporated milk |
| 1 (18 1/2 oz.) pkg. Swiss chocolate cake mix | 1 (16 oz.) pkg. semi-sweet chocolate pieces (1 c.) |
| 3/4 c. melted butter | |
| 1 c. chopped walnuts | |

Combine the caramels and 1/3 c. of the milk in a double boiler top. Cover and place over boiling water. Stir until melted. Keep warm.

Combine cake mix, butter and remaining 1/3 c. milk in a bowl. Beat with electric mixer at medium speed - 2 minutes, scraping bowl occasionally. Spread 1/2 of the batter into a greased 13x9x2 inch baking pan. Bake in 350° oven for 6 minutes. Cool 2 minutes. Spread caramel mixture carefully over baked layer. Sprinkle with chocolate pieces. Stir 1/2 c. walnuts into remaining batter. Drop by spoonfuls over all. Sprinkle with 1/2 c. walnuts. Bake at 350° oven for 18 minutes. Cool and cut into bars -- makes 36.

PEPPERMINT BARS (Chocolate)

Ronda Rustad
Kindred, North Dakota

- | | |
|------------------------------|-------------------------------|
| 4 sq. chocolate (melted) | 1/2 tsp. peppermint flavoring |
| 1 c. butter | 1 c. chopped nuts |
| 4 eggs (beaten until frothy) | 1 c. flour |
| 2 c. sugar | Dash of salt |

Mix above ingredients in order and spread in greased 9x13 inch pan. Bake in 350° oven for 30 minutes. Spread with frosting.

FROSTING:

- | | |
|---------------------|----------------------------------|
| 4 tsp. soft butter | A few drops peppermint flavoring |
| 2 c. powdered sugar | 3 tsp. cream |
- Stir until smooth, refrigerate 5 minutes. Spread over chocolate bars. Melt:

- | | |
|---------------------|---------------|
| 2 1/4 sq. chocolate | 2 tsp. butter |
|---------------------|---------------|

Drizzle over top of the frosting. The frosting looks better if tinted green.

CARROT BARS

Gloria Trainer
Faith, South Dakota

- | | |
|-----------------|------------------------------------|
| 1/2 c. nuts | 2 c. sugar |
| 4 eggs (beaten) | 2 tsp. cinnamon |
| 2 tsp. soda | 1 1/2 c. Crisco oil |
| 1 tsp. salt | 1 1/2 c. cooked and mashed carrots |
| 2 1/2 c. flour | |

Bake in an 11x16 inch pan at 350° for 30 to 40 minutes.

ICING:

- | | |
|-------------------------|------------------|
| 3 1/2 c. powdered sugar | 1 tsp. vanilla |
| 1 (8 oz.) cream cheese | 1/2 c. margarine |
- Beat together.

CARROT BARS

Judy Remington
Sturgis, South Dakota

- | | |
|-----------------|---------------------|
| 2 c. flour | 2 tsp. soda |
| 2 c. sugar | 1 1/2 c. oil |
| 1 tsp. salt | 4 eggs |
| 2 tsp. cinnamon | 3 c. grated carrots |

Sift the dry ingredients together. Mix in remaining ingredients. Pour mixture into 2 (9x13 inch) pans. Bake at 350° for 35 minutes.

Continued on next page.

CARROT BARS (Continued).

FROSTING:

8 oz. cream cheese	1/2 c. nuts (chopped fine)
1/2 stick butter	2 tsp. vanilla
1 lb. powdered sugar (3 c.)	

CHERRY SLICES

Jane McMahan
Halliday, North Dakota

1 c. butter	1 3/4 c. sugar
Cream together, then add:	
5 eggs (1 at a time)	2 tsp. baking powder
1 tsp. vanilla	1/2 tsp. salt
3 c. flour	

Beat well. Reserve 1 1/2 c. to 2 c. batter and spread the rest in a greased jelly roll pan. Spread 1 can of pie filling on dough. Drop reserved dough by tsp. on top. Bake at 350° for 35 minutes. Glaze while hot.

COCONUT SQUARES

Veronica Wheatley
Hussar, Alberta

20 single crushed graham wafers	2 T. flour
1/2 c. melted butter <u>or</u> margarine	

Mix and spread in an 8x8 inch pan.

TOP:

1 can Eagle Brand sweet condensed milk. Mix in 2 c. medium shredded coconut. Spread this on top and bake 15 minutes at 350°. Ice with pink butter icing.

POPCORN BARS

Sylvia Lee
Elk Mound, Wisconsin

1/3 c. peanut butter	1 pkg. butterscotch chips
3 c. miniature marshmallows	6 qts. popped corn
3 T. margarine	

Mix and melt peanut butter, marshmallows, margarine and chips. Add the popped corn and press into a 9x13 inch buttered cake pan.

RASPBERRY BARS

Kathy Peck
Ft. St. John, British Columbia

- | | |
|----------------------|---------------|
| 1 c. flour | 1/2 c. butter |
| 1 tsp. baking powder | 1 egg |

Combine all the ingredients and mix well. Spread in a pan. Cover lightly with raspberry jam.

TOPPING: Mix together

- | | |
|-----------------|---------------------------|
| 1 c. sugar | 1 tsp. vanilla |
| 2 c. coconut | 1 beaten egg |
| 1 1/2 T. butter | 1/4 c. walnuts (optional) |

Bake in oven for 30 minutes at 325°. Cut into squares while hot.

RICH BARS

Sandy Gebbardt
Box Elder, South Dakota

CRUST:

- | | |
|------------------|--------|
| 1 c. butter | 2 eggs |
| 2 c. brown sugar | |

Add:

- | | |
|----------------|----------------|
| 1 tsp. vanilla | 2 1/2 c. flour |
| 1 tsp. soda | 3 c. oatmeal |
| 1 tsp. salt | |

Press 2/3 into pan and spread 1 c. nuts. Then add filling, then put dough on top.

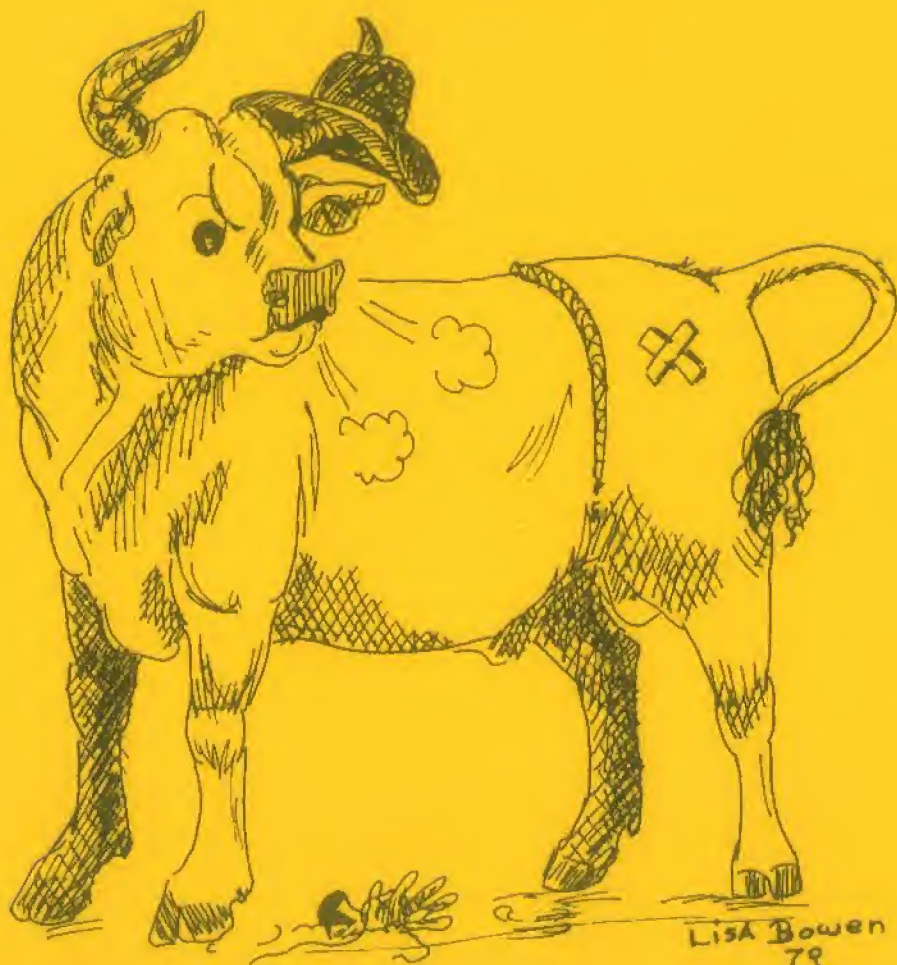
FILLING:

In the top of a double boiler mix

- | | |
|---------------------------------|-------------|
| 1 (12 oz.) pkg. chocolate chips | 1 T. butter |
| | 1 tsp. salt |
| 1 can sweetened condensed milk | |

Bake at 350° for 25 to 30 minutes in a 9x13 inch pan.

MEATS



"Be a long time before that cowboy wants steak!"

STAN
GRAM



B E E F

FINGER STEAK BATTER

Mrs. Harold Peterson
Filer, Idaho

1 c. flour
1 T. paprika

1 T. salt
1 (6 pack) of beer

Sift together the flour, paprika and salt. Add 1 (12 oz.) can of beer. Whip with a fork. Drink the other 5 cans of beer. (I use this batter for everything that I deep fat fry. When I use it on beef, venison, pheasant and duck I substitute onion salt for the salt. For onion rings and all other vegetables I use just plain salt.

BEEF STROGANOFF

Sheba Kay Kothman
Sanderson, Texas

2 sticks of margarine
2 lbs. lean chunked beef
1 chopped onion
1 c. bell pepper
1 garlic tooth (crushed)
1/4 tsp. garlic salt
Salt and pepper

Dash of Tabasco or hot sauce
1 T. red wine vinegar
1 c. mushrooms (sliced)
1 c. whipping cream
1 T. Worcestershire
2 c. sour cream

Melt the margarine in large heavy pan. Brown beef, onion and bell pepper. Add garlic, salts, pepper and hot sauce. Let this cook a while on slow heat. Stir in vinegar, mushrooms, whipping cream, Worcestershire and sour cream. Cover and simmer until meat is tender. Thicken gravy with flour and water mixture. Serve over rice cooked in beef broth or large egg noodles.

CHINESE PEPPER STEAK

Joan Thornton
Las Vegas, Nev.

3/4 to 1 lb. cube steak
4 T. oil
2 c. water
3 T. cornstarch
Pepper
1/2 tsp. salt

2 T. soy sauce
1 chopped onion
1/2 chopped garlic
1/2 chopped green pepper
1/2 c. chopped celery
2 beef bouillon cubes

Continued on next page.

CHINESE PEPPER STEAK (Continued).

Brown the floured steak, cut into pieces, in oil. Add the salt, pepper, onion, garlic, green pepper and celery when steak is browned. Add water and bouillon cubes. Cook for 45 minutes to 1 hour. Add cornstarch 15 minutes before serving - serve over cooked rice.

QUICK BEEF STROGANOFF

Sissie Loving
Las Vegas, Nevada

- | | |
|--|---|
| 1 lb. round steak (cut into
3/4 inch cubes) | 1 (10 1/2 or 11 oz.) can condensed
tomato soup |
| Flour | 1 T. Worcestershire Sauce |
| 2 T. fat | 6 to 8 drops Tabasco sauce |
| 1/2 c. chopped onion | 1/2 tsp. salt |
| 1 clove garlic (minced) | Dash of pepper |
| 1 (6 oz.) can mushrooms
(1 c. drained) | 1 (7 oz.) pkg. spaghetti (cooked) |
| 1 c. sour cream | Parmesan cheese |

Dip the meat into flour and brown in hot fat. Add onion, garlic, and mushrooms.

Combine sour cream, tomato soup, mushroom liquid and the seasonings. Pour over meat. Simmer until tender - about 1 hour. Serve over hot spaghetti. Sprinkle with Parmesan cheese. Makes 4 to 6 servings.

COWBOY'S STEAK

Lois Northrop
Fargo, North Dakota

- | | |
|--|-------------------------------|
| Chuck roast (1 1/2 to 2
inches thick) | 1/4 tsp. dry mustard |
| 2 cloves garlic (minced) | 1/3 c. wine vinegar |
| 2 T. salad oil | Non-seasoned meat tenderizer |
| 1 T. soy sauce | 1/2 tsp. coarse ground pepper |
| 1/2 tsp. rosemary | 2 T. catsup |
| | 1 T. Worcestershire Sauce |
| | 1 T. steak sauce |

Place the roast in a baking dish. Combine the next 6 ingredients and pour over the roast. Let stand 24 hours - turn often. Sprinkle roast with meat tenderizer; let stand 30 minutes. Place in broiler 5 inches from heat. Add the last 4 ingredients to remaining sauce. Pour 1/2 over meat and broil 20 minutes. Turn, cover with remaining sauce, broil 15 minutes or until desired doneness. Steak looks charred. Can be done on grill, baste with sauce.

ROUND STEAK ROLL-UPS

Dawn Rustad
Kindred, North Dakota

1 full cut round steak
(approximately 2 1/2 lbs.)
Salt and pepper
Sliced bacon
1 medium onion (sliced)

Sliced mushrooms (optional)
1 can beef gravy
1/2 c. water
Worcestershire Sauce to taste

Cut steak into 1/2 inch strips, salt and pepper. Place on slice of bacon and roll up, fasten with toothpicks. Brown on both sides, after browning place in shallow baking pan and add sliced onions, mushrooms, beef gravy, water and Worcestershire Sauce. Bake for 1 1/2 hours at 350°. This makes approximately 12 to 15 steaks. Also very good done on the grill.

OUTDOOR STEAKS

Helen Robillard
Kamloops, British Columbia

Choose tender steaks, about 1 inch thick. Slash fat edge at intervals to keep steaks flat. When coals are hot top off gray ash with fire tongs. Let grill top heat, then grease it and put on the steaks (orders for "rare" go on last.) When you see little bubbles on top side of steaks they are ready to turn (heat forces the juices to the uncooked surface). Flip steaks with tongs and pancake turner-piercing with a fork wastes good meat juices. Broil second side less than the first, turn only once. For 1 inch steaks cooked medium allow 13 to 15 minutes total time. Salt and pepper each browned side of steak right after turning or season steaks as they come from the grill.

Serve sputtering hot with a pat of butter atop. If you like steak with a deep brown crusty coat sear first side by lowering grill top close to coals, for 2 to 3 minutes. Then raise the grill to finish cooking first side. Turn steak and sear second side, raise grill and complete cooking.

STEAK-N-GRAVY

DiAnne Fitzgerald
Memphis, Tennessee

4 chopped steaks
1 can Campbells cream of
mushroom soup

Salt and pepper
1 can of water

Brown steaks in skillet on both sides. Add 1 can of soup and 1 can of water. Simmer for 30 minutes on low heat, salt and pepper to taste.

SIRLOIN TIPS

Shirley Keffeler
Sturgis, South Dakota

8 oz. Heinz 57 Sauce 3 T. vinegar
2 T. Worcestershire Sauce 1 c. water
Soy sauce (optional)

Soak 1 1/2 inch pieces of steak for 6 hours in the above mixture.

Drain and dip in flour. Deep fat fry until done or until your desired doneness. Salt while hot and serve.

POLYNESIAN GRILL THRILL

Joey Schluneger
Colfax, Washington

Top round or sirloin steak 1/2 c. cooking oil
Assorted fruits such as canned 1/2 c. peach or pineapple juice
peaches, pineapple chunks, 1 tsp. ginger
kumquats, mandarin oranges, 1/8 tsp. garlic powder (may use
or maraschino cherries garlic juice or fresh clove -
1/2 c. soy sauce chopped)

Make a marinade of the last 5 ingredients. Partially freeze meat and slice into 1/4 inch strips or cut into bite size cubes. Add to marinade. Take along to high school rodeos in your cooler. If you have a camper oven thread meat slices on toothpicks - accordian style with fruit. Broil 3 to 4 minutes on each side. If cooking on an open fire thread onto a coat hanger or stiff wire. Wear gloves or hold with pliers. Other meats could be used.

STAKE BAKE

Elaine Sandry
Williston, North Dakota

1 1/2 lb. cube or sirloin steak 1 can of tomatoes
1/3 c. flour 1 can of mushrooms
1 tsp. salt 3 T. soy sauce
1/4 tsp. pepper 1 can of beans (French cut)
1 onion (sliced) 3 T. molasses
1 green pepper (sliced)

Place meat in 2 1/2 qt. casserole. Sprinkle with flour, salt and pepper. Toss to coat meat. Bake uncovered at 400° for 20 minutes. Add onion, green pepper, tomatoes, mushrooms, molasses and soy sauce. Mix well. Cover and bake at 400° for 30 minutes.

Stir in beans. Drop Tangy Muffins by T. onto hot meat mixture. Sprinkle with sesame seeds and bake at 400° for 15 to 18 minutes.

Continued on next page.

STAKE BAKE (Continued).

TANGY MUFFINS:

1 1/4 c. flour	1/2 c. milk
1 1/2 tsp. baking powder	2 T. cooking oil
1 tsp. dry mustard	1 egg
1/2 tsp. salt	

Combine flour, baking powder, dry mustard and salt in a mixing bowl. Combine milk, oil and egg; add to the dry ingredients all at once, stirring until dry particles are moistened. Makes 6 to 8 servings.

VEAL ROAST

DiAnne Fitzgerald
Memphis, Tennessee

4 lbs. veal roast (rolled)	1/2 (10 3/4 oz.) can beef
1 T. tarragon	bouillon
1/2 c. butter <u>or</u> more (soft)	8 oz. sour cream
1 bay leaf	

Rub roast with butter and put into pan. Add bay leaf and sprinkle generously with tarragon. Roast at 450° for 1/2 hour. Turn once and baste. Lower heat to 325° and cook for 2 hours. Baste occasionally. Take roast out - deglaze pan with bouillon. Heat sour cream and add a little hot pan juice. Mix thoroughly.

TEXAS STYLE BARBECUED BEEF

Mrs. John Hutson
Sparta, Wisconsin

5 lbs. brisket of beef	2 medium onions (thinly sliced)
1 3/4 c. barbecue sauce	1 tsp. chili powder
(any flavor - 18 oz. bottle)	
1 clove garlic (crushed)	

Place meat in shallow pan. Combine remaining ingredients and pour over meat. Cover and bake at 350° for about 4 hours or until tender, basting occasionally. Remove cover and bake 30 minutes longer, basting occasionally to glaze meat. Skim off excess fat from drippings. Thicken if desired and serve as sauce. Makes 8 to 10 servings.

Every story has three sides: yours, mine, and the facts!

SWEET AND SOUR BEEF RIBS

Sara Krenka
 Ruby Valley, Nevada

5 lbs. beef short ribs
 1/2 tsp. salt
 1/8 tsp. pepper

1 c. ketchup
 1/2 c. vinegar
 1/3 c. brown sugar

SAUCE:

1 tsp. dry mustard
 1 tsp. salt
 1/2 c. water
 1 medium onion (sliced)
 1 medium green pepper
 (chunked)

1 (13 1/2 oz.) can chunked
 pineapple
 2 T. cornstarch
 1/3 c. pineapple juice

Brown ribs. Cover and bake at 325° for 1 1/2 hours. Add sauce and thicken.

CORNED BEEF

Chris Terrell
 Memphis, Tennessee

1 (3 to 4 lb.) corned beef
 (not brisket or smoked)
 4 buttons garlic or minced
 garlic
 1 bag crab or shrimp boil

2 T. salt
 1 hot pepper (optional)

Bring to rolling boil, being careful not to boil hard, then simmer for hours, until tender). Leave in briny water overnight, then remove and refrigerate.

SALISBURY STEAK

Steve Prince
 Deer Park, Washington

1 lb. hamburger
 1/3 c. onion (chopped)
 1 c. soft bread crumbs or
 cracker crumbs
 1 egg

1/3 c. milk
 1 can mushroom soup (a cream
 soup)
 1/4 c. milk

Shape into patties. Brown patties and place in casserole dish. Combine cream of mushroom soup with milk and pour over the patties. Bake in 325° oven for 1 hour.

The greatest trials bring the greatest strength.

GROUND BEEF LASAGNA

Marilyn Livermont
Vital, South Dakota

2 lbs. ground beef	1/2 c. Parmesan cheese
2 tsp. seasoned salt	1 (1 lb. 13 oz.) can tomatoes
2 cloves garlic (crush)	1 (8 oz.) can tomato sauce
1/2 tsp. seasoned pepper	1 pkg. spaghetti sauce mix
1/2 lb. mozzarella cheese	1/2 lb. lasagna noodles
(sliced)	
1/2 lb. cottage cheese	

Brown beef in skillet, drain off excess grease. Add salt, garlic and pepper. Simmer slowly for 10 minutes. Add tomatoes, tomato sauce and spaghetti mix, stirring well. Bring to boiling point, reduce heat and meanwhile cook lasagna noodles in boiling salted water to cover until almost tender, drain and rinse in hot water.

Pour 1/3 meat sauce in baking dish (12x8x2 inch). Cover meat sauce with strips of lasagna noodles. Arrange slices of mozzarella cheese and spoonfuls of cottage cheese over lasagna. Repeat layers ending with meat sauce. Top with Parmesan cheese. Bake at 350° for 30 minutes.

MEAT LOAF

Mrs. Wicks
Faith, South Dakota

1 1/2 lb. ground beef	1 egg (beaten)
1/4 c. oatmeal	1 c. tomato juice
1/4 chopped onion	1 1/2 tsp. salt
	1/4 tsp. pepper

Combine all the ingredients. Pack in loaf pan 8x4x2 inch. Bake in 350° oven for 1 hour and 15 minutes. Let stand 5 minutes before slicing.

PIZZA MEAT LOAF

Colleen Cheskey
Mobridge, South Dakota

2 lbs. hamburger	1 c. milk
1 c. cracker crumbs	1/2 c. grated Parmesan cheese
1/2 c. chopped onions	1 1/2 tsp. salt
2 eggs (beaten)	1 tsp. oregano

Mix and put into 8x8 inch pan. Bake for 45 minutes at 350°. Add:

1 (8 oz.) can pizza sauce	1 c. shredded mozzarella cheese
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Return to the oven for 8 to 10 minutes.

MEAT BALLS IN GRAVY

Mrs. Ace Inghram
Faith, South Dakota

2 lbs. hamburger	1/4 c. water
1 egg	1/4 tsp. salt
3/4 c. cracker crumbs	1/4 tsp. mace
1/8 c. chopped onion	Pinch of allspice, savory, ginger and black pepper

Combine ingredients and shape into balls. Brown. Make gravy from juice that forms in the pan. Simmer until well done. Delicious over mashed potatoes or rice.

MEAT BALLS

Delpha Fairbanks
White River, South Dakota

1 c. soft bread crumbs	1/2 c. ketchup
1/2 c. milk	1/4 c. vinegar
1 lb. hamburger	1 1/2 T. Worcestershire Sauce
1 tsp. salt	1 T. brown sugar
Pepper to taste	1/4 c. green pepper (chopped -- optional)
1/2 c. onion (chopped)	
1 c. water	

Blend bread crumbs with milk. Mix hamburger, salt, pepper and onion. Add bread mixture and mix well. Shape into meat balls and place in shallow pan. Do not stack deep.

Make a sauce of the water, ketchup, vinegar, Worcestershire Sauce, brown sugar and green pepper. Bring sauce to a boil and pour over the meat balls. Bake at 350° for 1 hour.

MEAT BALLS IN MUSHROOM SAUCE

Nonabelle Ellefson
Marcus, South Dakota

1/4 c. chopped celery	1 egg
1/4 c. chopped onion	2 lbs. hamburger
1 c. bread crumbs	

Mix together and brown the 1 1/2 inch diameter balls in hot fat. Remove meat balls and put into baking pan. Cover with 1 can of mushroom soup and 1 small can of evaporated milk. Bake 1 hour at 350°.

It never occurs to a boy of eighteen that some day he will be as dumb as his father!!

RANCH STYLE MEAT BALLS

Mona Williams
Faith, South Dakota

1 1/2 lb. ground beef	1 tsp. onion
3/4 c. oatmeal	1/2 tsp. salt
1/2 c. milk	2 T. green chili peppers
1 egg (beaten)	(mild)
1 T. soy sauce	Dash of Tabasco Sauce

Mix well and form into small balls. Brown and drain off the fat.

SAUCE:

1 (8 1/2 oz.) can crushed pineapple	1 c. brown sugar
2 T. cornstarch	1 c. beef bouillon
1/2 c. red wine vinegar <u>or</u> lemon juice	2 T. soy sauce
1/3 c. green pepper (chopped)	

Drain the pineapple, use juice to mix with the sugar and cornstarch. Put this mixture into saucepan and gradually stir in the liquids. Cook, stirring constantly until thick. Add pineapple and green pepper. Simmer meat balls in sauce for 30 minutes.

TACO MEAT BALLS

Mrs. Rob McCarter
Memphis, Tennessee

1 lb. lean ground beef	2 tsp. garlic salt
1 c. <u>each</u> : finely chopped onions, green peppers <u>and</u> celery	1 (8 oz.) can taco sauce
2 c. cooked rice	1 (11 oz.) can condensed Cheddar cheese soup
2 eggs (beaten)	1 tsp. taco seasoning

Combine the meat, onions, green peppers, celery, rice, eggs and garlic salt. Mix well and form into 12 or 16 meat balls. Place in a lightly greased 2 1/2 qt. casserole. Bake at 350° for 30 minutes. Blend and heat taco sauce and soup. Pour over meat balls. Cover and continue baking for 30 minutes longer. Makes 8 servings.

It is thinking about the load that makes one tired!

FISH

BASIC BROILED FISH

Mrs. Claude Mullins
Hallettsville, Texas

2 lbs. fresh fish fillets or 2 lemons
steaks 1/4 c. butter (melted)

Salt and pepper

Cover broiler pan with aluminum foil and preheat the oven. Slice 1 lemon into 1/4 inch slices. Place on foil. Sprinkle both sides of fish with salt and pepper and baste thoroughly with melted butter and juice from 1 lemon. Place fish in broiler pan on top of the lemon slices. Broil fish about 4 inches from source of heat for from 8 to 14 minutes but depending on thickness of the fish. Baste at least once during broiling, but do not turn the fish.

Or, broil whole fish: salt and pepper both sides and cut indentations about 2 inches apart on fish, placing a pat of butter in each cut. Sprinkle lemon juice over all, broil longer than for filets. Do not turn the fish - baste fish with butter-lemon juice.

CLAM CHOWDER (To serve 6 to 8)

Marie Sutton
Morgan Hill, California

1/4 lb. salt pork (cut into 2 c. heavy or light cream
1/8 inch dice) 1/8 tsp. thyme
1 c. finely chopped onion Salt
3 c. cold water Freshly ground pepper
4 c. potatoes (cut into Paprika
1/4 inch dice) 2 T. soft butter
2 dozen shucked hard shelled
clams with their juice -
coarsely chopped or 2 (8 oz.)
cans chopped clams - about
2 c.

Over high heat, fry the diced salt pork in a heavy 2 qt. saucepan, stirring constantly for about 3 minutes until a thin film of fat covers the bottom of the pan. Reduce the heat to moderate, stir in the chopped onion and cook together for about 5 minutes longer, stirring occasionally.

Continued on next page.

CLAM CHOWDER (Continued).

When the diced pork and onions turn a light golden brown, add 3 c. of water and the diced potatoes. Bring to a boil over high heat, then reduce the heat and simmer with the pan half covered for about 15 minutes until the potatoes are tender, but not falling apart.

Add the chopped clams and their juices, the cream and thyme. Heat almost to the boiling point, then taste and season with as much salt and pepper as you think it needs. Stir in the soft butter. Serve the chowder in large individual bowls with each portion dusted with a little paprika.

LOBSTER NEWBURG

Rhesa Newman
Las Vegas, Nevada

1/3 c. butter <u>or</u> margarine	2 (5 oz.) cans lobster
2 T. all-purpose flour	(cubed)
2 c. light cream	1/4 c. cooking sherry
4 beaten egg yolks	2 tsp. lemon juice
	1/2 tsp. salt

Melt butter in a chafing dish or skillet, blend in flour. Gradually stir in cream. Cook slowly, stirring constantly until thick. Stir small amount of sauce into egg yolks, return to hot mixture and cook until blended, stirring constantly about 1 minute (do not overcook).

Add the lobster, cooking sherry, lemon juice and salt. Heat thoroughly, serve over toast points or in pastry petal cups. Sprinkle with paprika, makes 6 servings.

SALMON LOAF

Joan Thornton
Las Vegas, Nevada

4 c. cooked salmon (2 large cans)	1/2 c. melted butter
4 eggs (beaten)	Salt <u>and</u> pepper
1 c. bread crumbs	2 T. minced parsley (which I never use)

Flake the salmon and add beaten eggs. Add remaining ingredients and place in a greased loaf pan. Bake uncovered at 350°F for 40 minutes. Serves 8.

The greatest remedy for anger is delay!

SEAFOOD SPECTACULAR

Mrs. Jerry Zeise
Green Bay, Wisconsin

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|---|-----------------------------------|
| 1/4 c. butter | 1 (6 1/2 oz.) can crab meat |
| 1/4 c. flour | (or frozen) |
| 2 c. milk | 1/4 lb. Cheddar cheese (shredded) |
| 3 hard cooked eggs (sliced) | 1 c. bread crumbs mixed with |
| 1 (5 oz.) can shrimp (cut in halves) | 1/4 lb. butter (melted) |
| 1 (7 oz.) can tuna (drained) | |
| 1 (2 oz.) can mushroom stems and pieces | |

Melt the butter in saucepan over low heat, blend in the flour. Add milk, stirring constantly. Cook until sauce is smooth and thickened. In a buttered 8 inch casserole dish arrange a layer of sliced eggs. Cover with 1/5 of the sauce, then a layer of shrimp, then 1/5 of the sauce, then tuna, then 1/5 of the sauce, mushrooms, 1/5 of the sauce, crab meat, 1/5 of the sauce. Sprinkle with shredded cheese and cover the top with buttered crumbs. Bake in a moderate oven 325° for 45 minutes. Makes 6 to 8 servings.

SHRIMP CREOLE

Willyhugh Pulver
Sulphur, Louisiana

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|--|--------------------------|
| 1 c. raw rice | 1/8 tsp. red pepper |
| 1 bell pepper (chopped) | 1 small can tomato sauce |
| 1 large onion (chopped - I like grated better) | 1 lb. fresh shrimp |
| 3 T. chili powder | 3 T. cooking oil |
| 1/2 tsp. salt | |

Heat oil in thick pot with tight fitting lid. Add raw rice and stir slowly until a golden brown. Add the next 5 ingredients, simmer a few minutes. Add tomato sauce and 2 c. water. Add the shrimp, chopped or whole. Put lid on and cook over low heat for 20 minutes or until rice is done. Serve hot with creole tomato sauce.

SHRIMP AND RICE

Mrs. A. J. West
Sulphur, Louisiana

- Melt 3/4 c. butter in a pan. Add:
- | | |
|--------------------------------|-------------------------------|
| 1 medium bell pepper (chopped) | 1 can cream of chicken soup |
| 1 medium onion (chopped) | 1 (10 oz.) can Rotel tomatoes |
| 1 lb. shrimp | 2 c. raw rice |
| 1 can onion soup | 4 sprigs parsley |

Continued on next page.

SHRIMP AND RICE (Continued).

Season to taste. Mix well and bake 1 hour at 350° in a covered pan. After 30 minutes, stir well. Recover to finish baking. Not an original with me - just a favorite.

SHRIMP FIESTA

Elko H.S. Rodeo Club
Elko, Nevada

1 (12 oz.) can of beer

1/2 onion

1 sprig of parsley

1 lemon wedge

1 tsp. salt

1 bay leaf

Bring above ingredients to a boil. Add 2 lbs. cleaned and deveined shrimp. Bring to a boil again, reduce heat and simmer 5 minutes. Strain liquid and save. Melt 2 T. butter in a skillet. Add 2 T. flour, stir until smooth. Add liquid and 1 can of tomato sauce, 1/4 tsp. nutmeg, 4 T. green onion, 1/4 tsp. Tabasco Sauce and a pinch of sugar. Add the shrimp and reheat. Serve with hot buttered noodles.

SHRIMP FRITTERS

Mrs. Geo. H. Vincent
Sulphur, Louisiana

1 egg (beaten)

1/4 c. milk

1/2 c. flour

1 c. raw shrimp (peeled
and chopped)

1/2 tsp. garlic powder

2 tsp. baking powder

1/2 tsp. sugar

1 tsp. salt

1/4 tsp. red pepper

1/4 tsp. black pepper

1 c. cooked rice

Fat for deep frying

1/2 c. chopped green onions

Mix all the ingredients together. Drop by tsp. into hot deep oil. Fry until golden. Mixture may be made in advance and refrigerated or frozen -- but do not fry until ready to serve.

Makes 40 fritters. Good with cocktail or tartar sauce as main dish or serve as hors d'oeuvres.

TUNA FISH LOAF

Gloria Trainar
Faith, South Dakota

1 small can of tuna

1 c. cracker crumbs

2 eggs

1 T. milk

Salt and pepper to taste

Flake tuna, add crackers and egg yolks and milk. Add beaten egg whites, salt and pepper. Bake 30 mins. 350°.

SLIM 'N TRIM TUNA LASAGNA

Mrs. R. J. Heiser
Dickinson, North Dakota

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|-------------------------------|----------------------------------|
| 1/2 lb. lasagna noodles | 1/2 tsp. garlic salt |
| 2 T. butter | 1/2 tsp. oregano |
| 1/2 c. onion (chopped) | 1/4 tsp. pepper |
| 2 (6 1/2 oz.) cans water | 1 1/2 c. cottage cheese |
| packed tuna (well drained) | 8 oz. Swiss cheese or mozzarella |
| 1 (10 1/2 oz.) can cream soup | cheese (thinly sliced) |
| (mushroom or chicken) | Grated Parmesan cheese |
| 1/2 c. skim milk | |

Heat oven to 350°. Cook noodles according to package directions. Melt butter in saucepan; saute' onion in butter. Add tuna, soup, milk and seasonings. In buttered 7x11 inch baking dish place alternate layers of noodles, tuna sauce, cottage cheese and sliced cheese, ending with the sliced Swiss or mozzarella. Sprinkle Parmesan cheese over the top. Bake for 30 minutes. Let lasagna cool for 5 minutes before cutting to serve. Makes 6 large servings of 1 1/2 c. each.

P O R K

HAM LOAF

Joan Thornton
Las Vegas, Nevada

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|----------------------------|------------------------|
| 1 1/2 lbs. ground ham | 1 c. soft bread crumbs |
| (smoked) | 2 eggs |
| 1 lb. ground lean shoulder | 3/4 c. milk |
| pork | 1/4 tsp. pepper |

Beat eggs. Add milk and bread crumbs and pepper. Mix in meat. Pack tightly in loaf pan. Cover with the following sauce.

SAUCE:

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|------------------------|----------------------|
| 1/4 c. pineapple juice | 1/2 tsp. dry mustard |
| 1/4 c. weak vinegar | 1 c. brown sugar |

Combine all ingredients. Pour over meat mixture. Bake at 350°F for 75 minutes. (Company favorite - can be frozen before or after baking.)

Get the tools ready - God will find the work!!

ROSY HAM SLICE

Barb Crellin

Kamloops, British Columbia

1/2 c. extra hot catsup
 1/3 c. orange marmalade
 2 T. finely chopped onion
 2 T. salad oil

1 T. lemon juice
 1 to 1 1/2 tsp. dry mustard
 1 (1 inch slice) fully cooked
 ham (about 1 1/2 lbs.)

Combine all the ingredients except the ham slice. Slash fat edges of the ham and broil over slow coals 15 minutes, turning once. Brush with sauce and broil 15 minutes more, turning and basting once. Heat remaining sauce on edge of the grill and serve with the ham. Makes 5 or 6 servings.

IOWA PORKETTES SWEET AND SOURHAM BALLS

Shirley Davis
 Albion, Iowa

2 lbs. ground ham
 2 lbs. (80% lean) pork
 1 1/2 c. canned skim milk

2 eggs (beaten)
 2 c. cracker crumbs

Mix together and shape into balls or loaves.

SAUCE:

2 cans tomato soup
 3/4 c. vinegar

2 c. brown sugar
 2 tsp. dry mustard

Place balls in shallow baking dish. Pour sauce over all. Bake without a cover for 1 hour at 350° - freeze well.

BLOOP RIBS

Donna Melvin

Holabird, South Dakota

1 small bottle ketchup
 Over 1/2 box of brown sugar
 2 T. mustard
 3 glugs Worcestershire Sauce
 1/3 c. water
 2 large chopped onions
 (hold 4 or 5 long farmer
 matches, unlit, in mouth
 when peeling onions to
 prevent tears)

Juice from 1 lemon
 3 glugs vinegar
 4 to 5 glugs A-1 Sauce
 2 bloop Tabasco
 Pepper, cinnamon and ginger to
 taste

Cross ribs in roaster in oven for 2 hours at 350° with lid on. If too soupy take lid off for the last 1/2 hour. Pour off grease, then add sauce. Cook 45 minutes longer. Dig in with your fingers - provide king size napkins.

SWEET AND SOUR PORK

Joanne Miller
Westwold, British Columbia

3 lbs. pork	1/2 c. vinegar
3 T. bacon fat <u>or</u> cooking oil	1/2 c. brown sugar
3/4 c. sliced green peppers	1 tsp. salt
1/2 c. sliced onion	2 tins pineapple chunks (juice)
4 T. cornstarch	2 T. soya sauce
2 c. water	

Cook the pork with cooking oil, green peppers and onions in a frying pan. Combine all the other ingredients in saucepan and bring to a boil. Cook this sauce until clear, then remove from heat. Pour sauce over meat when cooked. Cover and simmer for about 1 hour.

POULTRY

JUST CHICKEN

(Serves 4)

Chris Terrell
Memphis, Tennessee

4 chicken breasts	1 can of onions with broth
1 can cream of celery soup	1 c. raw rice
1 can cream of chicken soup	

Salt and pepper raw chicken. Mix all ingredients, then pour over the raw chicken. Cook 1 hour at 350° covered or until done. (Leave the skin on the chicken.)

CHICKEN CASSEROLE

Dorothy Reno
Big Horn, Wyoming

1 box rice (half brown - half white)	1 soup can of dry sherry cooking wine
1 can <u>each</u> Campbell's cream of chicken soup, cream of celery soup and cream of mushroom soup	1 pkg. Lipton's onion soup mix
	6 medium chicken breasts
	1 c. slivered almonds

Put entire box of dry rice in bottom of a deep casserole dish. Mix together the 3 cans of soup, wine and onion soup mix. Pour half of this over rice. Place chicken breasts on top, pour other half of mixture over chicken. Sprinkle with almonds and bake at 325° for 3 hours. Do not cover and do not worry -- it will be scrumptious!

CHICKEN AND DUMPLINGS

(4 servings)

Chris Terrell
Memphis, Tennessee

- | | |
|---------------------------------|---------------------------------|
| 1 plump hen (cooked with stock) | 1/3 tsp. salt
1 egg (beaten) |
| 1 c. enriched all-purpose flour | 3 T. milk (approximately) |
| 1 tsp. baking powder | |

Sift flour with salt and baking powder. Stir in egg and milk quickly. Roll out dough on lightly floured surface. Cut into squares and drop into the simmering chicken stock. Cover and cook about 15 minutes.

Meanwhile pick meat off cooked chicken and discard the skin and bone. Cut meat into convenient size to serve. Add to the simmering pot of dumplings when dumplings are almost done. Cover and simmer until chicken is heated.

CHICKEN WAIKIKI BEACH

Becky Crawford
Pueblo, Colorado

- 2 whole chicken legs and
2 whole chicken breasts
1/2 c. flour
1/3 c. salad oil or
shortening
1/4 tsp. pepper
1 (1 lb. 4 oz.) can sliced
pineapple
1 c. sugar
2 T. cornstarch
- 3/4 c. cider vinegar
1 T. soy sauce
1/4 tsp. ginger
1 chicken bouillon cube
1 large green pepper (cut
crosswise into 1/4 inch
circles)

Wash the chicken, pat dry with paper towels. Coat chicken with flour. Heat in large skillet. Remove as browned into shallow roasting pan. Arrange pieces, skin side up and sprinkle with salt and pepper. Preheat oven to 350° F. Make the sauce.

SAUCE:

Drain pineapple pouring syrup into 2 c. measure. Add water to make 1 1/4 c. In medium saucepan combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube. Bring to boil, stirring constantly. Boil 2 minutes and pour over chicken. Bake uncovered 30 minutes. Add the pineapple slices and green pepper. Bake 30 minutes longer or until chicken is tender. Serve with fluffy white rice - serves 4.

CHICKEN OR TURKEY CASSEROLE

Betty Keffeler
Sturgis, South Dakota

- | | |
|--|-------------------------------------|
| 4 c. cooked chunked chicken <u>or</u> turkey | 1 can cream of chicken soup |
| 1 large pkg. cooked wide noodles | 1 pkg. dried vegetable soup |
| 1 can cream of mushroom soup | Enough milk to moisten (about 2 c.) |

Combine all together and put into 9x13 inch pan. Bake at 350° for 45 minutes or until brown.

CHICKEN CASSEROLE

Stacey Cole
Sunset, La.

- | | |
|------------------------------|-------------------------------|
| 1 can cream of chicken soup | 1 medium onion (chopped fine) |
| 1 can cream of mushroom soup | 2 1/4 c. water |
| 1 can Cheddar cheese soup | 1 1/4 c. uncooked rice |

Mix the above ingredients together. Pour into baking dish. Cut up a frying chicken. Salt chicken and place on top of mixture in baking dish. With a spoon press chicken into mixture. Bake for 2 hours at 350°.

CHICKEN AND RICE

Dorothy Herberholz
Dickinson, North Dakota

Oil or line a 9x13 inch pan. Mix together the following ingredients:

- | | |
|------------------------------|---------------------------|
| 1 can cream of celery soup | 1/2 soup can of milk |
| 1 can cream of mushroom soup | 1 1/3 c. dry regular rice |

Put into pan. Arrange 1 cut up raw chicken on top of the rice and soup mixture. Sprinkle 1 pkg. Lipton onion soup mix on top. Cover and bake 2 1/2 hours at 350°.

OVEN BARBECUED CHICKEN

Mrs. H. D. McCormick
Vivian, Louisiana

- | | |
|--------------------------|-------------------------------|
| 1/4 c. instant onion | 1/4 tsp. dry mustard |
| 1 tsp. chili powder | 1/4 tsp. salt |
| 1/2 c. catsup | 1/4 c. water |
| 1 clove garlic (crushed) | 2 T. white vinegar |
| 1 T. brown sugar | 8 <u>or</u> 9 chicken breasts |

Mix all ingredients except chicken. Dip chicken in the sauce. Place on cookie sheet in a single layer. Pour remaining sauce over the top and bake at 375° for 50 to 60 minutes.

CHICKEN DISH

Patti Prosser
Warren, Oregon

Chicken breasts
1 can cream of chicken soup
1/2 c. cooking sherry
1 tsp. celery salt
Salt and pepper to taste

1 can cream of mushroom soup
1 can beef bouillon soup
1 tsp. Kitchen Bouquet
1 tsp. garlic salt

Place chicken breasts in large cake pan, skin side down. Cut up onions and bell peppers, place on top. Mix the remaining ingredients and pour over. Bake in 300 or 325° for 1 hour. Turn the chicken pieces and cook another hour - cover to keep from drying out during the last hour. Serve over rice or potatoes.

COMPANY CORNISH HENS

Myrna Maffett
Ninety-six, South Carolina

2 (1 1/2 lb.) Cornish hens
(split lengthwise)
Garlic salt
Salt and pepper
1 small onion (chopped)
1 (4 oz.) can sliced mushrooms (drained)

3 T. melted butter or margarine
1/2 c. dry white wine
1/3 c. commercial sour cream

Sprinkle hens with seasonings. Place cut side down in a lightly greased 13 x 9 x 2 inch baking pan. Cover with aluminum foil and bake at 350° for 30 minutes. Remove aluminum foil, bake an additional 30 minutes.

Saute' onion and mushrooms in butter over medium heat for 5 minutes, stir in wine. Pour wine mixture over hens. Bake an additional 25 minutes or until juice runs clear when thigh is pierced with a fork.

Place hens on a serving platter, reserving pan drippings. Stir sour cream into pan drippings and pour over hens. Yields 4 servings.

BAKED DOVES

Mrs. Grady Allen
El Campo, Texas

Salt and pepper any number of dove breasts, then roll in flour. Using a slice of bacon cut in half lengthwise, then crosswise (making 4 small strips) wrap one strip of bacon around each dove breast and fasten with toothpick, placing in a flat baking dish.

Continued on next page.

BAKED DOVES (Continued).

Sprinkle with small amount of chopped onion and celery. Also mushrooms if desired. Spoon 1 can of mushroom soup over the top and add a few T. of cooking wine if you like.

Bake, covered, about 30 minutes or until tender, then uncover for 5 minutes to brown.

CAJUN DUCKS

Stacey Cole
Sunset, Louisiana

4 whole wild ducks	Bacon drippings
Salt <u>and</u> pepper	2 onions (cut in fourths)
1 apple (cut in fourths)	Celery
4 bouillon cubes	1 c. red wine
6 green onions (chopped)	1 (4 oz.) can mushrooms
(5 oz.) can water chestnuts	Rice

Wash and dry ducks. Rub inside and out with bacon drippings. Sprinkle with salt and pepper. Place a piece of onion, an apple quarter and a rib of celery inside each duck. Place ducks in a Dutch oven or roaster and cover with water. Add bouillon cubes and 1/2 c. red wine. Cook over medium heat until half the water has evaporated. Add the rest of the wine. Cook until ducks are completely tender - this will take at least 2 hours.

Remove ducks from pan, add green onions, mushrooms and water chestnuts. Simmer until onions are cooked. Halve the ducks and serve over the cooked rice. Makes 8 servings.

PERFECT THANKSGIVING TURKEY

Mrs. Elmer Randall
Woodward, Oklahoma

Wash and dry turkey. Use 1/4 c. salt on and inside turkey. Place bird breast down on a rack. Bake at 275° (exact oven temperature). Cook 23 minutes per pound uncovered.

If the turkey is over 18 lbs. cook 21 minutes per lb. Turkey is delicious, juicy but not brown.

TURKEY A LA KING

Joan Thornton
Las Vegas, Nevada

1/2 c. butter	3 c. turkey (chopped - 1 light and 2 dark)
1/2 c. flour	4 hard boiled eggs (chopped)
3 c. milk	1 can (or frozen pkg.) peas -- warmed with 1/2 tsp. salt
1 tsp. salt	
1/2 tsp. coarse pepper	
4 oz. chopped pimiento	

Continued on next page.

TURKEY A LA KING (Continued).

Make a white sauce with the butter, flour, milk and seasonings. Add the remaining ingredients.

SAUCES

BARBECUE SAUCE (Aunt Florence's)

Linda Moore
Midwest, Wyoming

1 gallon Heinz ketchup	1 box brown sugar
1 (6 or 7 oz.) bottle	1 1/2 c. Worcestershire
liquid smoke	1 1/2 oz. pepper
Stir and mix well. Put in the refrigerator - this makes a bunch!	

BARBECUE SAUCE

Mrs. Eddie Grubl
Sturgis, South Dakota

1 can tomato soup	1/4 c. chopped onion
1/2 c. catsup	1 T. minced garlic
1/4 c. brown sugar	2 T. butter
1/3 c. vinegar	
1/2 c. Worcestershire Sauce	
Mix all ingredients and heat in saucepan until butter melts. Store in the refrigerator. Serve over sliced roast beef, deer meat, cold chicken, etc. Heat in the oven.	

BARBECUE SAUCE

J. R. Weigant
Edinburg, Illinois

3 c. tomato sauce	6 c. tomato juice
1 c. light Karo syrup	4 c. water
1 c. brown sugar	1/2 c. white sugar
6 T. minced onion	5 T. ground mustard
2 T. garlic powder	4 T. cooking oil
7 T. liquid smoke	2 T. red hot sauce
8 T. Worcestershire Sauce	2 T. pepper
1 T. salt	2 T. lemon juice
Bring to a boil and simmer for 2 hours. Makes about a gallon.	

Sooner or later the man with pull bows to the man with push!

FABULOUS BARBECUE SAUCE

Evelyn Sim
Fort St. John, British Columbia

1 c. strong coffee	1/2 c. brown sugar
1 c. ketchup	1/2 c. margarine
1/2 c. Worcestershire Sauce	Juice of 1/2 lemon
1/3 c. vinegar	

Mix all the ingredients well. Simmer for 10 minutes. Use as a delicious 2 hour marinade for steak before barbecuing -- then baste steaks with sauce while cooking.

MARINADE FOR STEAK

J. R. Weigant
Edinburg, Illinois

1 1/2 c. salad oil	1 T. sugar
1/2 c. soy sauce	

Prick steak with a fork. Put garlic, onion powder, salt and pepper on steak. Let set 1/2 hour. Then pour sauce over meat and let set 24 hours. Grill outside - this steak melts in your mouth!!

WYOMING MUSTARD

Dorothy Reno
Big Horn, Wyoming

4 T. dry mustard	1/4 tsp. salt
4 T. sugar	1/4 tsp. pepper
2 eggs	1/2 tsp. paprika
1 scant c. vinegar	2 T. butter

Mix all ingredients except butter and paprika. Beat well, stir and cook until thick. Remove from heat, add butter and paprika. Store in covered container in refrigerator. Great on ham, beef, hamburgers, etc.

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PASTRIES



PASTRIES

"NEVER FAIL PIE CRUST"

Mrs. Betty Carroll
Edna, Texas

3 c. flour (3 full cups)	1 egg (beaten)
1 1/4 c. shortening	5 T. water
1 tsp. salt	1 T. vinegar

Cut shortening into flour and salt. Combine vinegar, water and egg (beat together). Pour liquid into flour mixture all at once. Blend into a moist ball - easy to handle.
Makes 3 crusts or 2 crusts and 2 criss-cross tops.

NEVER FAIL PIE CRUST

Mary Snilles
Apache, Oklahoma

3 c. flour	6 T. water
1 1/2 c. Crisco	1 egg (beaten)
1 tsp. salt	1 tsp. vinegar

Mix together well. Roll out on flour - makes one 2-crust pie and 1 shell or 3 shells.

PIE CRUST

Patricia Rankin
Waukesha, Wisconsin

3 c. flour	1 beaten egg plus milk to
1 c. lard	make 1/2 c.
1 T. sugar	
1 tsp. salt	

Mix the flour, sugar, salt. Cut in 1 c. lard. Gently stir in milk and egg mixture. Yields 2 double crust pies. Freezes well.

ANGEL FOOD PIE

Mrs. Bud Ireland
Box Elder, South Dakota

CRUST:

4 egg whites (partly beaten) 1/4 tsp. cream of tartar
Add cream of tartar to egg whites and beat until stiff. Then add 1 c. sugar and beat until glossy. Grease a large pie plate and line with egg white mixture. Bake at 325° for 1 hour. Let cool.

Continued on next page.

ANGEL FOOD PIE (Continued).FILLING:

4 egg yolks (beaten stiff) 3 T. lemon juice
 1/2 c. sugar 2 tsp. grated lemon rind

Cook until thick and cool. Last whip 1 c. cream. Put 1/2 into a cooled pie shell and add the filling, then add remaining cream. Top with graham crackers or nuts. Refrigerate - yields 6 to 8 servings.

ANGEL NUT PIE

Chris Terrell
 Memphis, Tennessee

3 egg whites 1 tsp. vanilla
 1 c. sugar 1 c. graham cracker crumbs
 3/4 tsp. baking powder 1 c. pecans

Beat whites until stiff. Fold in sugar, baking powder, vanilla, crumbs and nuts. Pour into greased plate. Bake 30 minutes at 350°. Let cool and top with sweetened whipped cream - let set for 24 hours.

BOTTLED APPLE PIE FILLING

Steve Prince
 Deer Park, Washington

1 c. cornstarch 1/4 tsp. cloves
 4 1/2 c. sugar 3 T. lemon juice
 10 c. water 1 tsp. salt
 2 tsp. cinnamon
 1/4 tsp. nutmeg

Combine the first 6 ingredients in a large saucepan. Cook over low heat, stirring until thick. Add the lemon juice and salt.

Put peeled sliced apples in sterilized jars and cover with hot sauce. Process in water bath for 20 minutes. Makes 6 qts.

SHEET APPLE PIE

Mary Staley
 Edwards, Illinois

Use your favorite pie crust recipe.

Slice 8 to 10 apples. Mix:

5 T. cornstarch 1 1/2 tsp. cinnamon
 1 1/2 c. sugar

Place crust in pizza pan or jelly roll pan. Put in a thin layer of sliced apples, then sprinkle with sugar mixture. Continue to alternate layers.

Continued on next page.

SHEET APPLE PIE (Continued).

Bake at 425° for 15 to 20 minutes. Cover the top with foil, lower temperature to 375° and bake 45 minutes. While hot, spread on Glaze.

GLAZE:

3 c. powdered sugar 3 oz. Philadelphia cream cheese
Mix and add enough milk to spread.

BANANA SPLIT PIE

Stacey Cole
Sunset, Louisiana

1 c. sugar 3 or 4 bananas
1 large Cool Whip 1 small bottle red cherries
1 (8 oz.) cream cheese 1/2 c. pecans
1 large can crushed pineapple 2 graham cracker crusts

Cream cheese and sugar. Place in crusts. Drain the pineapple. Pour on cheese layer. Place sliced bananas over the pineapple layer. Top with Cool Whip and sprinkle cherries and pecans on top.

BLACKBERRY CREAM PIE

Sheba Kay Kothman
Sanderson, Texas

1 can condensed milk 1/2 c. whipped cream
1/3 c. lemon juice 1 can blackberry pie filling
1 tsp. vanilla (Note: cherry pie filling may be
1 tsp. almond extract substituted also)

Fold the first 4 ingredients into whipped cream. Pour into baked pie shell or graham cracker crust. Top with fruit and refrigerate.

CHERRY PIE

Kay Bratchen
Nash, Oklahoma

1 can Wilderness cherry pie 1 c. powdered sugar
filling 1 (6 oz.) pkg. Philadelphia
1 box Dream Whip cream cheese

Mix Dream Whip as directed on the package. Fold in the powdered sugar and softened cream cheese. Place pie filling in bottom of a baked pie shell and top with Dream Whip mixture. Garnish with small amount of cherry filling. Place in the refrigerator overnight.

CHERRY CREAM PIE

Marcia de Braga
Fallon, Nevada

- | | |
|---|-------------------------|
| 1 unbaked (9 inch) pie crust | 1/2 c. whipping cream |
| 1 small pkg. sliced almonds | 1/3 c. lemon juice |
| 1 can Borden's sweetened condensed milk | 1 tsp. vanilla extract |
| 1 can of prepared cherry pie filling | 1/2 tsp. almond extract |

Sprinkle the almonds on the bottom of pie shell and bake as usual. Cool.

Combine the Borden's milk and lemon juice. Stir until thickened. Add the extracts. Fold in whipping cream which has been beaten until stiff. Turn into cooled shell. Spread the pie filling on top and refrigerate.

CHERRY-O-CREAM CHEESE PIE

Keith Galloway -
NHSR '78 Boys cutting champ
Ward, Arkansas

- | | |
|--|--|
| 1 crumb crust | 1/3 c. fresh <u>or</u> bottled lemon juice |
| 1 (8 oz.) pkg. Borden's cream cheese | 1 tsp. vanilla |
| 1 1/3 c. Borden Eagle brand sweetened condensed milk | 1 c. prepared cherry pie filling |

Soften the cheese to room temperature. Whip until fluffy. Gradually add condensed milk and blend well. Add lemon juice and vanilla. Pour into crust and chill 2 to 3 hours. Then garnish the top of the pie with cherry filling.

CHOCOLATE CREAM PIE

Elko H.S. Rodeo Club
Elko, Nevada

- | | |
|-------------------------------|--------------------------|
| 2 large coffee cups of milk | 3/4 c. sugar |
| 4 egg yolks (slightly beaten) | 1/2 c. chocolate (sweet) |
| 2 T. cornstarch | |

Mix all ingredients together and cook, stirring constantly until thick. Remove from heat and add vanilla to taste. Pour into baked pie shells. Top with whipped cream or meringue.

The best way to serve leftovers is to someone else!

FUDGE CREAM PIE

Betty Carroll
Edna, Texas

1 1/2 c. sugar
1/4 c. cocoa
1/4 c. flour

1 2/3 c. evaporated milk
(tall can)

Mix in saucepan over medium heat until the mixture begins to thicken. Add:

3 egg yolks to mixture. Stir until very thick. Remove from heat. Add 2 teaspoons vanilla.*Cool and top with pecans. Add whipped cream or meringue. *Add 2 or 3 T. oleo or butter.

COCONUT CREAM PIE

Ruby Stevens
Gracemont, Oklahoma

Mix in a saucepan:

1 1/2 c. sugar
2 1/2 T. cornstarch
1 T. flour
3 c. milk
1/2 c. coconut

1/4 c. Milnot
3 egg yolks
1/2 tsp. salt
1 tsp. vanilla
3 T. butter

Put sugar, cornstarch, flour, salt in a saucepan. Mix egg yolks, and Milnot until creamy, then add milk. Cook over low heat until thickened. Take from heat. Add butter and vanilla. Add a little coconut to the bottom of the pie shell before adding the pudding. After you have filled the pie shell add a little coconut on top of the pudding.

Add meringue - then put the rest of the coconut on top of meringue. Put in 350° oven until brown. (Beat egg whites until stiff-as you beat add 1/3 c. sugar gradually to whites.)

"IMPOSSIBLE COCONUT PIE"

Sandra Vanwey
Florence, Colorado

Preheat oven to 350°. Put the following ingredients in the blender and blend on Low speed for 3 minutes:

2 c. milk
3/4 c. sugar
1/2 c. butter

1/2 c. biscuit or Bisquick mix
4 eggs
1 1/2 tsp. vanilla

Pour batter into greased pie pan. Sprinkle 1 c. coconut over the entire mixture. Let set for 5 minutes, then bake 40 minutes.

HAWAIIAN PIE

Norene Bruner
Box Elder, South Dakota

Melt 30 marshmallows in 1 c. milk in a double boiler. Let cool, then whip 1 c. cream and fold into the marshmallow mixture. Add 2 c. (or more if you desire) crushed pineapple. Any fruit can be used.

Put in dish lined with graham cracker crumbs. Sprinkle more crumbs on top and chill several hours.

JAPANESE FRUIT PIE

Mrs. A. J. West
Sulphur, Louisiana

1 stick oleo (cream with sugar)	1 tsp. vanilla
1 c. sugar	1/2 c. raisins
2 eggs	1/2 c. chopped pecans
3 T. milk	1/2 c. coconut

Mix well and pour into unbaked pie crust. Bake at 325° about 50 minutes.

LEMON CHESS PIE (1 pie)

Edward G. Sweatt
Memphis, Tennessee

3 eggs	4 T. milk
1 1/2 c. sugar	1 T. corn meal
1 stick of butter	Juice of 1 lemon

Cream butter and sugar, add eggs one at a time - beating well after each egg. Add milk, corn meal and lemon juice. Pour into unbaked pie shell. Cook 1 hour at 325°. Delicious!!

MOUNTAIN DEW PIE

Kathy Peck
Ft. St. John, British Columbia

1 large pkg. lemon Jello	1 small can of sweetened
2 c. hot water	pineapple juice
1 small bottle Mountain Dew	

pop

Combine all ingredients and cook on medium heat until syrupy. Add:

1 small can pineapple tidbits	2 sliced bananas
2 c. miniature marshmallows	

Let set until Jello is partially set - not firm.

Continued on next page.

MOUNTAIN DEW PIE (Continued).

Mix together:

1/3 c. soft butter (melted) 1/4 c. sugar

1 1/4 c. graham wafer crumbs

Press graham wafer mixture into the bottom of a large flat pan. Pour the Jello mixture in on top of it.

Cook 1 large pkg. of lemon pie filling. Cool, then add 1 c. whipped cream. Spread over Jello mixture and chill. Serve.

MYSTERY PIE

Alice Pollock
Tuttle, Oklahoma

3 egg whites

1 tsp. vanilla

1 c. sugar

20 Ritz crackers (rolled fine)

1/2 tsp. baking powder

1 c. nuts

Beat egg whites until foamy. Add sugar and baking powder. Beat stiff and add vanilla, cracker crumbs and nuts. Pour into greased pie plate. Bake at 350° until brown (15 to 20 minutes). Chill pie and serve with Dream Whip.

FRESH PEACH OPEN-FACED PIE

Pam Brown
Williston, North Dakota

Halves of peaches to make 1 layer. Mix together:

1 c. sugar

2 T. flour

1 c. country cream

In an unbaked pie crust line fresh peach halves. Pour above over the top and sprinkle with cinnamon. Bake at 375° for 45 minutes.

FRESH PEAR PIE

Mrs. Grady Allen
El Campo, Texas

1 unbaked pie crust (Deep Dish Pet Ritz is good). Mix together:

4 T. flour

1/8 tsp. salt

3/4 to 1 c. sugar

Mix lightly with 4 c. sliced tart pears (hard ones are best). Arrange the fruit in the crust. Sprinkle with 1 to 2 tsp. lemon juice and 1/2 tsp. cinnamon. Dot with 2 T. oleo. Cover with Crumb Mixture.

CRUMB MIXTURE:

1/2 c. sugar

3/4 c. flour

1/3 c. oleo

Sift sugar and flour, cut in oleo until crumbly. Bake at 350° until pears are done and crust and top are lightly browned.

PECAN PIE

Leslie Stanley -
Editor - The World of Rodeo
Billings, Montana

3 eggs	1 T. vanilla
3/4 c. white sugar	1 <u>to</u> 2 T. butter
3/4 c. white sugar	1 c. chopped pecans
2 T. flour	

Beat all ingredients until thick. Pour into an uncooked pie crust and top with 5 or 6 whole pecans. Bake at 350° for 50 to 60 minutes. Serve when cool.

PUMPKIN PIE SQUARES

Shelly Tilbert
Williston, North Dakota

1 c. sifted flour	1/2 c. oatmeal
1/2 c. brown sugar (packed)	1/2 c. butter

Combine until crumbly. Press into a 9x13 inch pan and bake for 15 minutes at 350°.

2 c. pumpkin	1 (13 1/2 oz.) can evaporated milk
2 eggs	3/4 c. sugar
1/2 tsp. salt	1 tsp. cinnamon
1/2 tsp. ginger	1/4 tsp. cloves

Combine well and pour in baked crust. Bake for 20 minutes at 350°. Combine:

1/2 c. pecans	2 T. butter
1/2 c. brown sugar	

Sprinkle over the filling - return to the oven to bake 15 to 20 minutes, until done. Cut in squares and top with whipped cream.

RHUBARB CUSTARD PIE

Irene Cot
New Underwood, South Dakota

1 c. <u>plus</u> 3 T. sugar	1 pie shell (unbaked)
2 T. flour	3 eggs (separated)
2 <u>to</u> 2 1/2 c. rhubarb	1 c. milk <u>or</u> light cream

Mix 1 c. sugar, flour and rhubarb. Place in the pie shell. Mix beaten egg yolks and milk. Pour over rhubarb mixture. Bake at 350° for 45 minutes. Beat egg whites with remaining sugar. Brown in 300° oven until meringue is browned.

It isn't travel that's broadening - its all that rich foreign food!

RHUBARB CUSTARD PIE

Sharon Doke - Nevada

3 c. rhubarb (cut into short lengths)	2 T. flour
1 1/4 c. sugar	1 T. butter
1 egg	1 (9 inch) pie crust
1 tsp. lemon extract	
1 T. milk	

Cover the rhubarb with hot water. Add 1 tsp. soda and let simmer on low heat until tender, but not mushy. When tender, drain well.

Mix sugar, egg, lemon extract, flour and butter. Use a 9 inch pie tin, line with pie crust and place rhubarb in the lined plate. Spread the mixture over rhubarb and bake until the crust is set.

SOUR CREAM RAISIN PIENonabelle Ellefson
Marcus, South Dakota

(Serves 6 or 8)

2 eggs	1 unbaked pie shell
1 tsp. cornstarch	1/8 tsp. salt
1/2 c. milk	1 tsp. cinnamon
1 c. sour cream	1 c. brown sugar
1 c. raisins	

Blend the eggs and cornstarch. Add milk and stir slowly until smooth. Add the sour cream, raisins, salt, sugar and spices. Mix well and bake at 425° for 10 to 12 minutes. Reduce heat and bake at 325° for 20 minutes longer. A regular meringue can be added and baked until golden brown.

DESSERTS

APPLE CRUNCHJudy Remington
Sturgis, South Dakota

Combine:

3 c. thinly sliced apples	1/2 c. sugar
1 tsp. flour	1/4 tsp. salt

Cover with a topping made of:

3/4 c. oatmeal	1/4 tsp. soda
3/4 c. brown sugar	1/3 c. melted butter
1/4 tsp. baking powder	

3/4 c. flour

Bake at 350° for 40 minutes or until apples are tender.

APPLE PUDDING

Patty Chapin
Battle Mountain, Nevada

1 c. sugar	3/4 tsp. salt
1/4 c. shortening	1/2 tsp. cinnamon
1 egg	1/4 tsp. nutmeg
4 finely diced apples	1 tsp. vanilla
1 c. flour	1 c. nutmeats
1 tsp. soda	

Cream together sugar and shortening, add egg and beat. Add the apples. Sift together the dry ingredients and add to the mixture, mix well. Add vanilla and nutmeats. Bake at 325° for 1 hour.

SAUCE:

In a saucepan bring to a boil and serve hot:

1 stick butter	1/2 pt. whipping cream
1 c. sugar	Rum flavoring

A rich, delicious Christmas dessert.

BANANA MARSHMALLOW DESSERT

Lynna Hicks
Martin, South Dakota

35 marshmallows	1 tsp. vanilla
1/2 c. milk	1 pkg. graham crackers <u>and</u>
1 c. cream (can be whipping)	bananas (use what you like)

Put the marshmallows and milk in a double boiler until melted. Let this cool, then add cream and vanilla.

Crush graham crackers, put 1/2 on the bottom of the dish. Add marshmallow mixture on top of the crackers. Put in the amount of bananas you want. Add remaining crackers on top and let set for several hours.

BANANA SPLIT DESSERT

Jeanette Peterson - Filer, Idaho
Evelyn Starkey - Arkansas

2 c. graham crackers (crushed fine)	1 stick margarine
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Melt the margarine and mix with graham cracker crumbs. Place in the bottom of a 9x13 inch pan.

2 c. powdered sugar	1 stick margarine
2 eggs	

Beat powdered sugar and eggs along with the stick of margarine at medium speed for no less than 15 minutes. Spread this mixture on crumbs.

Continued on next page.

BANANA SPLIT DESSERT (Continued).

3 or 4 bananas

1 (No. 2) can crushed pineapple (well drained) 1 large container of whipped topping

Slice the bananas over above mixture. Layer with crushed pineapple. Cover with whipped topping. Since this is so low-cal already, go ahead and sprinkle the topping with chopped nuts. Refrigerate.

BLUEBERRY TOPPER

Mrs. Wanda Jones
Abbyville, Kansas

Mix and press into pan:

20 graham crackers (crushed) 1 stick oleo

Set aside. Whip 1 pkg. Dream Whip. Add:

1 (8 oz.) pkg. cream cheese 1 c. marshmallows

1 c. powdered sugar 1 T. vanilla

1 medium can of crushed pineapple (drained) 1 c. nuts

Pour into the crust and chill. Top with blueberry pie mix. Can use cherry pie filling too.

SIMPLE BREAD PUDDING

Dawn Rustad
Kindred, North Dakota

3 slightly beaten eggs 1 1/2 tsp. cinnamon

3 T. salad oil 1/2 tsp. nutmeg

1/3 c. sugar Dash of salt

Add 3 c. milk and 1 tsp. vanilla to the above ingredients.

In a 1 1/2 qt. baking dish place 3 or 4 cups of bread cubes (about 4 slices) and 1/2 c. raisins. Pour milk mixture over and bake at 350° for 1 hour or in microwave 20 minutes on full power.

SAUCE:

1/2 c. sugar 1 T. butter (or more)

1 T. flour 1/2 tsp. nutmeg

1 c. water

Mix all ingredients, bring to a good boil. Serve over the Bread Pudding.

The only food that never goes up in price is
food for thought!!

CHERRY PUDDING

Jeanette Peterson
Filer, Idaho

- | | |
|---|----------------------|
| 1 c. sugar (1/2 brown and
1/2 white) | 1 tsp. soda |
| 1 c. flour | 1 tsp. melted butter |
| 1 egg | 1 tsp. vanilla |

Mix the above until well blended, then add:

- | | |
|------------------------------|-------------|
| 1 c. sour cherries (drained) | 1/2 c. nuts |
|------------------------------|-------------|

Mix together and pour into greased 9x9 inch pan. Bake at 350° for 1/2 hour.

SAUCE FOR CHERRY PUDDING:

- | | |
|----------------------|-------------------------------------|
| 1/2 c. melted butter | 2 c. cherry juice and boiling water |
| 2 T. flour | 1 c. sugar |

(Measure the juice drained from the cherries and add enough boiling water to make the 2 cups.)

Mix together well. Cook over medium heat until thick. A couple of drops of red food coloring makes the sauce real pretty. Pour the warm sauce over each serving of pudding.

"CHERRY DELIGHT"

Kelli Fletcher -
'78 Girl's Cutting Champ
Dayton, Washington

- | | |
|---|--------------------------|
| 1 c. graham crackers (about 28) | 1 can cherry pie filling |
| 1/4 c. melted butter <u>or</u>
margarine | 4 c. tiny marshmallows |
| 1 pt. whipping cream (before
whipped) | |

Mix the graham crackers and melted butter. Press into the bottom of an 8x12 inch or 9x9 inch pan. Reserve 1/2 c. for the top.

Whip the cream until it stands in soft peaks -- not too stiff. Stir in the marshmallows. Pour half over crackers. Add cherry filling and spread over whipped cream and marshmallows. Spread the remaining cream and marshmallows over cherries. Sprinkle reserved crumbs over the top and refrigerate 12 hours.

We live in the present - we dream of the future -
but we learn eternal truths from the past!!

CHOCOLATE DREAM DESSERT

Norma Maher
Reno, Nevada

CRUST:

1 1/2 c. flour 2 T. sugar
1 1/3 sticks butter

Mix and pat into ungreased 9x13 inch pan. Bake at 375° for 15 minutes. Cool.

FIRST LAYER:

Cream 8 oz. cream cheese with 2/3 c. powdered sugar.
Mix in 1/2 of a 9 oz. container of Cool Whip. Spread on crust.

SECOND LAYER:

Make 1 small pkg. instant chocolate pudding according to the package directions. Spread on the first layer.

THIRD LAYER:

Spread remaining 1/2 container of Cool Whip over chocolate layer. Sprinkle with chopped nuts and refrigerate overnight.

CHOCOLATE TORTE

Jean Pateman
Copperopolis, California

Melt together the following:

1 large pkg. semi-sweet chocolate chips
3 T. milk
2 T. sugar

Add:

4 beaten egg yolks (1 at a time) 1 tsp. vanilla

Beat egg whites stiff and fold in. Pour into graham cracker crust (8x8 inch pan).

DEVILS FLOAT

LaWanda Rayhill
Martin, South Dakota

Sift together:

1 c. flour	1/2 tsp. salt
3/4 c. sugar	2 tsp. baking powder

Cream in:

2 T. butter	1 sq. melted chocolate
1/2 c. sweet milk	1 tsp. vanilla

Spread batter into a 7x11 inch pan.

Continued on next page.

DEVILS FLOAT (Continued).

Mix together:

2 T. cocoa

1/2 c. brown sugar

1/2 c. white sugar

Sprinkle over the batter. Pour 1 c. boiling water over all. Bake at 350° for 40 minutes. Serve warm with whipped cream, ice cream or pour cream.

CREAM CHEESECAKE

Dee Ann Heiser

Dickinson, North Dakota

3 c. graham cracker crumbs

1/2 c. sugar

1/2 c. melted butter

1 (8 oz.) pkg. cream cheese

2 pkgs. lemon Jello

1 large can evaporated milk

2 c. boiling water

(chilled)

Mix the crumbs with the butter - save some for topping. Put the remainder into a large cake pan. Dissolve the Jello in the boiling water, let partially set. Add sugar to cream cheese and mix well. Whip milk until stiff, then add the cream mixture. Pour over crust in the pan and top with reserved crumbs.

CREAM PUFFS

Sherry Jim

Owyhee, Nevada

1 1/3 c. water

1 1/3 c. flour

2 tsp. sugar

4 eggs

2/3 c. butter

Whipped cream

In a pot combine butter, water and sugar. Bring to a boil. Remove from heat, add flour. Blend thoroughly. Slowly beat in the eggs. Continue beating for 10 to 15 minutes.

With a tablespoon form individual puffs on a greased cookie sheet. Bake at 325° for 20 minutes. Remove sheets to a rack, let stand to cool. Slit tops of cooled puffs and fill with whipped cream. Serve immediately - yields 2 dozen.

ENGLISH TOFFEE DESSERT

Mrs. George H. Vincent

Sulphur, Louisiana

CRUST:

1 c. crushed vanilla wafers

2 T. softened butter

Continued on next page.

ENGLISH TOFFEE DESSERT (Continued).

FILLING:

2 c. confectioners' sugar	2 egg whites (stiffly beaten)
2 T. cocoa	1 c. pecans (lightly salted -
1 stick butter	toasted and chopped)
2 egg yolks	

TOPPING:

1 carton whipping cream (whipped -- do not substitute).

Mix together the wafers and butter. Press into a 7x9 inch pan or large pie dish. Bake 20 minutes at 375°. Cool.

Cream 1 stick of softened butter with confectioners' sugar, cocoa and egg yolks. Add the pecans and fold in beaten egg whites. Spread over cooled crust. Top with whipped cream and refrigerate.

Scrumptious -- may be made the day before.

DUMP-IT DESSERT

Cheryl Ebert
White River, South Dakota

Any flavor pie filling Any fruit (canned - drained)
Combine. Prepare a white cake mix and pour over the top of the fruit mixture. Dot completely with butter. Bake at 350° until brown (20 to 35 minutes).

FRUIT COBBLER

Mary Staley
Edwards, Illinois

Bring to a boil:

2 c. fruit (your choice)	1 c. fruit juice <u>or</u> water
1 c. sugar	

Mix together:

1 c. flour	1/2 tsp. salt
1 c. sugar	1/2 c. milk
1 tsp. baking powder	2 T. melted butter

Grease the pan, pour in dough. Spoon hot fruit on top of the dough. Bake at 350° for 45 minutes or longer if needed.

The fellow who jumps to conclusions is not always certain of a happy landing!

GRAHAM CRACKER ROLL

Marlene Griffith
Faith, South Dakota

- | | |
|---|----------------------|
| 4 c. graham cracker crumbs | 1/2 c. nuts (broken) |
| 1 can pineapple (strained -
diced) | 1 c. whipped cream |
| 1 small pkg. marshmallows (cut
in fourths) | |

Mix all together and roll in waxed paper. Refrigerate 6 hours or overnight. Slice into thick slices and serve with whipped cream.

ICE CREAM

Mary Staley
Edwards, Illinois

Dissolve 6 Junket tablets in 1/4 c. cold water and set aside. Beat 5 eggs until very well mixed - add:

- | | |
|--|---|
| 3 1/2 c. sugar | 1 (13 oz.) can Milnot (I use |
| 4 T. vanilla (or 3 T. lemon,
peppermint, etc. for
variation) | 2 cans which makes it smoother
and richer) |

Heat 1/2 gallon milk to slightly warmer than lukewarm - add to egg-sugar mixture. Mix very well. Pour into freezer bucket. Add Junkets and stir very well. Put in paddle and let set without disturbing until it forms a custard (about 45 minutes).

Freeze according to your freezer instructions. For a more firm ice cream remove the paddle, replace lid and top of freezer, pack ice and salt around and on top of bucket. Let stand for 30 minutes to 1 hour. Makes 5 quarts.

DREAMY VANILLA ICE CREAM

Myrna Maffett
Ninety-six, South Carolina

- | | |
|------------------------|------------------------------------|
| 4 eggs | 1 (14 oz.) can sweetened condensed |
| 1 1/2 c. sugar | milk |
| 1 T. all-purpose flour | 1 tsp. vanilla extract |
| Pinch of salt | 2 c. half and half |
| 1 1/2 qts. milk | |

Combine eggs, sugar, flour and salt in blender container. Blend well. Heat milk to lukewarm in a large saucepan. Gradually add about 1 c. warm milk to the egg mixture, blending constantly. Stir egg mixture into remaining warm milk. Cook over low heat 5 minutes, stirring constantly until slightly thickened. Remove from heat, stir in sweetened condensed milk and vanilla extract.

Continued on next page.

DREAMY VANILLA ICE CREAM (Continued).

Pour custard into freezer can of a 1 gallon hand-turned or electric freezer. Stir in half and half. Freeze ice cream according to manufacturer's directions. Yields 1 gallon.

Note: This ice cream is good topped with fresh fruit.

ICE CREAM DESSERT

Irene Cox

New Underwood, South Dakota

- | | |
|------------------------|-----------------------------------|
| 1 1/2 c. Rice Krispies | 1/4 c. melted butter |
| 1/4 c. brown sugar | 1 c. coconut |
| 1/2 c. nuts | 1 1/2 to 2 qts. vanilla ice cream |

Mix the sugar, butter, coconut and Rice Krispies. Put 1/2 this mixture into a buttered 8 inch square pan. Put in the ice cream and add remaining mixture. Can be topped with raspberry or cherry pie mix.

JAMAICA LIME PUDDING

Stacy Cole

Sunset, Louisiana

- | | |
|-------------|-------------------------------|
| 1 c. sugar | 1/4 c. lime juice |
| 2 T. butter | 1 c. milk |
| 2 egg yolks | 2 egg whites (stiffly beaten) |
| 2 T. flour | |

Mix together all ingredients except egg whites. Gently fold in egg whites and pour into lightly greased deep baking dish. Bake 30 minutes at 350°. Serve warm - this seems to make its own crust.

PINEAPPLE SURPRISE

Dianne Greives

West Lafayette, Indiana

- | | |
|------------------------------------|--------------------------------------|
| 1 white cake mix | 1 box of instant pineapple <u>or</u> |
| 2 c. milk | vanilla pudding |
| 1 (No. 2) can of crushed pineapple | Cool Whip (thawed) |
| 1 (8 oz.) pkg. cream cheese | |

Prepare and bake the cake as directed on the box. Bake in a 9x13 inch pan. Beat together cream cheese and milk, then add pudding and continue to beat until thick. Spread over cake and let set for a couple of minutes. Drain the pineapple, spread over pudding. Last, spread Cool Whip over pineapple. This dessert keeps for several days in the refrigerator and seems to be better the second or third day.

PINEAPPLE WHIP

Dianne Greives
West Lafayette, Indiana

1 can of pineapple	1 pkg. small marshmallows
1 tsp. vanilla	1/2 c. Milnot (before whipped)
3/4 c. sugar	2 heaping T. flour
1 egg	

Drain the pineapple and save juice - if not 1 1/2 c. add water to make 1 1/2 c. Mix sugar and flour with juice, add egg and cook until the pudding is thick; let cool. Add pineapple and marshmallows. Whip the Milnot with vanilla, add to the pudding mixture. Serve cold.

PISTACHIO DESSERT

Bonnie Hawks
Huron, South Dakota

CRUST:

2 c. crushed Ritz crackers	1 stick oleo (melted)
----------------------------	-----------------------

FILLING:

2 1/2 c. milk	2 boxes pistachio pudding mix (instant)
---------------	---

Shake well to blend. Add 2 c. softened vanilla ice cream. Pour over cracker crust. Top with 1 c. Cool Whip and chocolate chips, or shredded chocolate. Use a 9x13 inch pan - refrigerate.

KOOL KAKE

Kathy Fletcher -
'78 Pole Bending Champ and
Girl's All Around
Dayton, Washington

1 c. flour	2 T. sugar
1 cube of butter	4 c. chopped nuts

Mix these ingredients and press into a 9x13 inch pan. Bake at 350° oven for 15 minutes. Cool. While cooling, mix:
1 (8 oz.) pkg. cream cheese 1/2 of a large size Cool Whip
2/3 c. powdered sugar

Mix these with a mixer and spread on the cool crust.
3 pkgs. instant Jello pistachio 4 c. milk
pudding (may substitute
chocolate flavor)

Beat together and spread on cheese layer. Spread remaining 1/2 of Cool Whip on top and if desired, sprinkle with nuts.
Delicious!!

QUICK DESSERT

Holly Sue Hemstrom
Spokane, Washington

Crushed vanilla wafers
Chopped pecans

Layer with ice cream

STEAMED CARROT PUDDING

Las Vegas H. S. Rodeo Club
Las Vegas, Nevada

1 1/2 c. all-purpose flour
1 tsp. salt
1 1/4 tsp. cinnamon
1/2 c. shortening
1 c. brown sugar (packed)
1 c. grated raw carrot
(packed)

1/4 tsp. cloves
1/2 tsp. nutmeg
1 1/2 tsp. baking powder
1 1/2 c. finely chopped apple
(3 medium sized apples)
3/4 c. seedless raisins

Sift the flour with spices, baking powder. Cream the shortening thoroughly, blend in sugar. Add carrots, apple and raisins. Mix. Add the flour mixture slowly. Put batter into coffee can - put can into pan of water or double boiler. Keep lid on coffee can until done (about 2 1/2 hours). Serve with Lemon Sauce.

STRAWBERRY SUPREME

Alice Pollock
Tuttle, Oklahoma

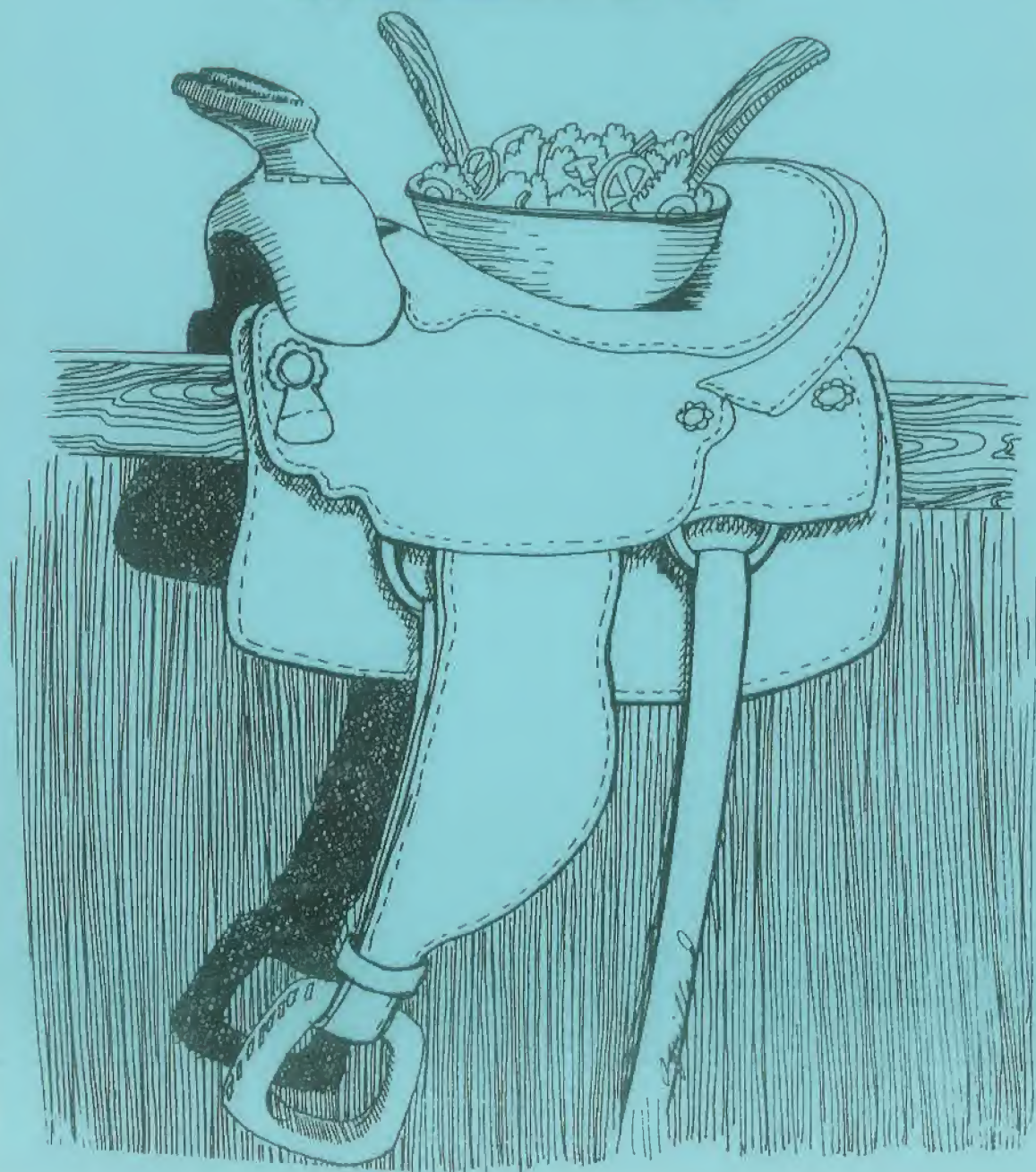
1 (12 oz.) box vanilla
wafers
1 stick oleo
1 tsp. vanilla
2 (10 oz.) pkgs. frozen
strawberries

1 1/2 c. powdered sugar
2 eggs
1 large Cool Whip
1 c. pecans

Crumble wafers and put 1/2 the crumbs into a 9x13x2 inch pan. Whip the oleo, sugar, vanilla and eggs together. Spread over crumbs. Spread softened Cool Whip over batter and spread on strawberries and nuts. Then add the remaining crumbs. Chill overnight or put in the freezer until firm.

ADDITIONAL RECIPES

SALADS





DRESSINGS

COLESLAW DRESSING

Jean Geer - Wyoming

4 c. sugar	2 T. salt
2 c. vinegar	1 T. horseradish
2 tsp. celery seed	

Mix together and bring to a boil. When cool store in the refrigerator. This makes enough for 24 cups of cabbage and will store indefinitely.

FRENCH DRESSING

Mabel McPherson
Sturgis, South Dakota

1 c. salad oil	1/4 c. onion (grated)
1/2 c. vinegar	Juice of 1 lemon
1 c. catsup	2 tsp. paprika
1 c. sugar	2 tsp. salt

Mix well with beater and refrigerate.

MARGARETTE DRESSING

Dr. Ruth Volz
Lubbock, Texas

1/2 c. catsup	1/4 c. vinegar
1/2 c. sugar	1 tsp. onion powder
1/2 c. oil	1/2 tsp. lemon juice
1/4 c. water	Salt <u>and</u> pepper

Shake all up together.

"BLUE RIBBON SPECIAL" ROQUEFORT DRESSING

Pat Isenberger
Gillette, Wyoming

1 (3 oz.) pkg. Kraft	Use the blue cheese jar - add
Roquefort cheese (crumble)	the same amount of mayonnaise
1 pt. or small (10oz.) jar	1/2 tsp. salt
blue cheese dressing	1/2 tsp. pepper
(in refrigerator case)	1/2 tsp. garlic powder

Mix all together with cream added to make as thin as you want. Refrigerate.

Strange how one's thoughts turn to food when there
is nothing else to think of!!

THOUSAND ISLAND DRESSING

JoAnn Jones
Morro Bay, California

2 cloves of garlic (crush in a bowl)	4 T. mayonnaise
4 to 5 chopped green onions	4 T. Heinz chili sauce
8 to 10 sweet pickles (1 hand full - chopped)	Olives (if desired)
4 hard boiled eggs (chopped)	Juice of 2 lemons

Mix together and refrigerate.

SWEET-SOUR SALAD DRESSING

Stacey Cole
Sunset, Louisiana

3 strips of bacon	1 egg
3 T. vinegar	6 T. sugar
Pinch of salt	

Brown bacon and drain. Beat egg. Add the sugar and vinegar. Add this mixture to bacon drippings. Cool and pour over salad greens. Crumble bacon on top.

FRUIT SALADS

ANGEL FLUFF

Joyce Matteson
Mooreland, Oklahoma

1 (9 oz.) bowl of Cool Whip	1 c. coconut
1 can mandarin oranges	1 small pkg. dry orange Jello
1 c. cottage cheese	1 c. miniature marshmallows
1 c. crushed pineapple	

Mix all the ingredients well and refrigerate.

APRICOT JELLO SALAD

Wanda Innes - Wyoming

1 large can crushed pineapple	2 small pkgs. orange Jello
1 large can apricots	1 c. heated juice from pineapple and apricots and 3 c. water
3/4 c. miniature marshmallows	

Let set.

TOPPING:

1/2 c. sugar	2 T. flour
1 c. juice (apricot and pineapple)	2 T. butter
	1 beaten egg

Cook until thick - cool. Mix with 1 c. whipped cream and spread over the top of the Jello. Sprinkle with grated cheese.

AVOCADO JELLO SALAD

Norma Brown
Rufus, Oregon

- | | |
|--|---------------------------|
| 1 small pkg. lime Jello | 2/3 c. boiling water |
| Dissolve. Heat to almost boiling and add to Jello: | |
| 1/2 c. sugar | 1 1/2 tsp. lemon juice |
| 1 c. crushed pineapple | |
| When partially set, add: | |
| 1 chopped avocado | 1 pkg. whipped Dream Whip |
| Fold in. | |

BANANA WOBBLES

Wilma Hope
Lithonia, Georgia

- | | |
|-----------------------------------|--------------------------------|
| 1 (3 oz.) pkg. Jello (any flavor) | 1 c. boiling water |
| | 2 medium bananas (cut in half) |
| 1/2 c. cold water | |
- Dissolve Jello in boiling water, add cold water and chill until thickened. Place spoonful of Jello in the bottom of 3 frozen juice cans (small). Center 1/2 banana in the can and spoon Jello around banana. Chill until Jello has set.
- To unmold dip to rim in water. Puncture bottom of can and lift off can. Cut into slices.

CHEESE SALAD

Carol Dickinson
Weston, Wyoming

- | | |
|--|-------------------------|
| 5 oz. pimiento cheese spread | 2 c. small marshmallows |
| 1 (15 1/4 oz.) can crushed pineapple (303 can) | 2 c. Dream Whip |
- Mix cheese spread and pineapple together. Add marshmallows and Dream Whip. Chill and serve.

PARTY CHEESE SALAD

Elva Kauffman - Wyoming

- | | |
|--------------------------------------|----------------------|
| 8 oz. cream cheese (softened) | 1/2 tsp. lemon juice |
| 2 (5 oz.) jars olive pimiento cheese | Salt to taste |
| 1 1/2 lb. small curd cottage cheese | |

Whip with electric mixer until fluffy and all mixed well. Pour in dish or mold. Decorate with stuffed olives. Can be made the night before.

CHERRY FRUIT SALAD

Sharon Keffeler - Red Owl, South Dakota
 Pam Brown - Williston, North Dakota
 Susan Weeden - Memphis, Tennessee

- | | |
|----------------------------------|--|
| 1 can Eagle Brand Condensed milk | 2 small cartons of Cool Whip
(prepared dessert topping) |
|----------------------------------|--|

- 1 can cherry pie filling
 1 can crushed pineapple (do not drain)

Mix and chill overnight.

Optional Method: Drain the pineapple. Add 1 c. pecans.

CRANBERRY PINEAPPLE SALAD

Libbi Matti - Wyoming

- | | |
|---------------------------------|-------------------------------|
| 1 c. whipped cream | 1 lb. marshmallows (cut fine) |
| 1 lb. cranberries | 2/3 c. sugar |
| 1 (No. 2) can crushed pineapple | 1 c. chopped nuts |

Grind cranberries, mix in the pineapple, marshmallows, sugar and nuts. Fold in whipped cream. This can be made in advance or even frozen.

CRANBERRY SALAD

Mrs. Jerry Zeise
 Green Bay, Wisconsin

- | | |
|----------------------|----------------------------------|
| 1 pkg. lemon Jello | 1 c. cut marshmallows |
| 1 c. boiling water | 1 c. crushed pineapple (drained) |
| 2 c. raw cranberries | 1 c. dates |
| 1/2 c. water | 1 c. diced celery |
| 1/2 c. sugar | |

Dissolve sugar in 1/2 c. water. Add cranberries and simmer until cranberries pop.

Dissolve Jello in boiling water. Add the marshmallows while hot. Combine the two mixtures and add the rest of the ingredients. Put into mold and refrigerate overnight. Makes 12 servings.

CRANBERRY SALAD

Nancy Bratcher
 Enid, Oklahoma

- | | |
|----------------------------------|--------------------------|
| 1 qt. cranberries (grind) | 1 c. pineapple (crushed) |
| 1 lb. grapes (halved and seeded) | 1 c. nuts |
| | 1 1/2 c. whipping cream |

Put sugar over cranberries, grapes and the drained pineapple. Let stand draining all night. Add nuts and whipped cream.

CRANBERRY SALAD

Tina Kopp
Sturgis, South Dakota

2 large pkgs. orange Jello

4 c. water

Stir until dissolved - then add:

1 can lemon pie filling 1 c. cold water

1 can Ocean Spray cranberry
relish

Let cool until set. Cover with cream cheese topping.

FRUIT SALAD

Jean Pateman
Copperopolis, California

Cook in a double boiler until thick:

2 beaten eggs

Pinch of salt

1/2 c. sugar

Juice of 1 lemon

Let cool completely. Beat 1 c. cream and fold into
lemon dressing.

1 lb. red grapes (cut up)

1 can of mandarin oranges

1 (No. 2) can of chunk
pineapple

1/2 pkg. small marshmallows

1/2 c. nutmeats

1 small jar of maraschino
cherries

Fold cream and dressing mixture into fruit. Refrigerate
for 4 or 5 hours or overnight.

FRUIT SALAD

Hattie Tolman - Wyoming

Combine fruit salad with Dream Whip and Philadelphia
cream cheese dressing.

GRASSHOPPER SALAD

Irene Cox -
New Underwood, South Dakota

1 (6 oz.) pkg. lime Jello

1 1/2 c. cold water

1/4 c. sugar

1/2 tsp. peppermint extract

2 c. boiling water

1 envelope Dream Whip

Dissolve gelatin and sugar in boiling water. Add cold
water and extract. Measure 1 c. and chill until slightly
thickened. Pour remaining gelatin into an 8 inch square pan.
Chill until firm.

Continued on next page.

HOT FRUIT SALAD

Drain:

Bake uncovered at 350° for 45 minutes.

JELLO LEMON FRUIT SALAD

1 pkg. instant lemon Jello 1 or 2 cans chunky fruit cocktail
(depending on size of pkg. Jello)

Mix together and serve.

JELLO SALAD

Dissolve 1 pkg. lemon Jello in 2 c. hot pineapple juice. Let set until beginning to jell. While this is setting beat 2 egg whites until stiff. Add 1 c. prepared Dream Whip, 1/2 c. sugar, 1/2 c. drained crushed pineapple. Fold all into Jello.

Line dish with graham cracker crumbs. Pour in Jello and sprinkle crumbs plus a few crushed nuts. Refrigerate until set firm.

The human body is designed to last a life time if it is given the proper care!!

LIME JELLO

Madelyn Livermont
Vetal, South Dakota

- | | |
|---------------------------|-----------------------------|
| 1 large pkg. lime Jello | 2 c. miniature marshmallows |
| 2 c. hot water | 1 1/2 c. cold water |
| 1 large pkg. cream cheese | |
- Mix together and let set. Whip it, then add 1 c. whipped cream or 1 pkg. Cool Whip. Let set again.

MOM'S JELLO SALAD

Chris Terrell
Memphis, Tennessee

- | | |
|--|--|
| 1 small pkg. strawberry Jello | 1 c. sweet milk |
| 1 small pkg. Philadelphia cream cheese | 1/4 c. nuts (your choice - I use pecans) |
| 1 c. boiling water | 1 (10 oz.) pkg. frozen strawberries |
| 1 small can <u>drained</u> crushed pineapple | |

Dissolve Jello and cream cheese in boiling water. Add pineapple, milk, nuts and strawberries. Refrigerate until firm.

1 CUP SALAD

Myrna Maffett
Ninety-six, South Carolina

- | | |
|----------------------------------|-----------------------------|
| 1 c. fruit cocktail (drained) | 1 c. Angel Flake coconut |
| 1 c. crushed pineapple (drained) | 1 c. miniature marshmallows |
| 1 c. chopped pecans | 1 c. sour cream |
| | 1 c. cottage cheese |
- Stir in 2 T. mayonnaise. Mix well and chill.

ORANGE JELLO SALAD

Jacque Halterman
Las Vegas, Nevada

- | | |
|-----------------------------|---------------------------------|
| 1 (3 oz.) pkg. orange Jello | 1/2 c. sugar |
| 1 c. cold water | 1 to 2 c. grated Cheddar cheese |
| 1 c. crushed pineapple | 1/2 pt. whipping cream |
- Place Jello in a bowl, add 1 c. cold water. Place pineapple and sugar in small saucepan and bring to a boil. Add pineapple mixture to Jello. Set. Fold in cheese and cream. Reset.

Any person who is always feeling sorry for himself, should be!

ORANGE PINEAPPLE DELIGHT

Billie Kaye Edmondson
Idabel, Oklahoma

- 1 family size box of orange Jello
- 2 c. cold water
- 1 c. hot water
- 1 large can crushed pineapple

- 1 can mandarin oranges
- Drain juices from fruit and save

Mix and let this set. In a saucepan add juices from above and add water to make 1 c. Add:

- 3/4 c. sugar
- 2 eggs
- 2 T. flour

Cook over moderate heat until thick, stirring at all times, or it will scorch. Let the sauce cool completely. While it is cooling you can make the topping.

TOPPING:

- 8 oz. cream cheese
- 1 c. milk
- 2 pkgs. Dream Whip

Mix with mixture until whipped well. Pour the sauce over the Jello, then put icing on top. This makes a big bowl.

ORANGE SHERBET SALAD

Stacey Cole
Sunset, Louisiana

- 2 pkgs. orange Jello
- 1 pt. orange sherbet
- 1 (8 oz.) can crushed pineapple
- 2 c. miniature marshmallows
- 1/2 pt. whipping cream
- 1 (11 oz.) can mandarin oranges
- (whipped)
- (drained)

Dissolve Jello in 1 c. boiling water. Add sherbet, pineapple, oranges and marshmallows. Fold in cream. Refrigerate 3 or 4 hours.

LOW CALORIE ORANGE SALAD

Mrs. Marvin Reisch -
Wyoming

- 2 envelopes (1 pkg.) Orange D'Zerta gelatin dessert

Make as directed, but use only 2 1/2 c. hot water. Let cool.

Add 1 can (size 1 1/2) crushed pineapple in its own juice - using the juice also and 1 can mandarin oranges and juice. (Use the mandarin oranges packed in light syrup).

Add 1/3 c. Miracle Whip Salad Dressing and stir well. Refrigerate. When set, garnish with slices of mandarin oranges.

FROSTED LEMON SALAD

Claire Mankin - Wyoming

1 (6 oz.) pkg. lemon Jello
 1 1/2 c. hot water
 2 c. 7-Up

1 c. crushed or pineapple
 tidbits (drained)
 2 bananas

TOPPING:

1/2 c. sugar
 2 T. flour

1 c. pineapple juice

Cook until thick - cool. Add 1 pkg. Dream Whip whipped -
 top with Parmesan cheese.

PINEAPPLE SOUR CREAM SALAD

Rachel Fulkerson - Wyoming

Dissolve 1 pkg. lemon Jello and 1/2 tsp. salt in 1 c.
 hot water. Add:

1/4 c. cold water
 2 T. lemon juice

1 c. sour cream

Beat until blended. Chill to thicken slightly. Set in ice
 water; whip until thick and foamy. Fold in 1 1/2 c. drained
 crushed canned pineapple. Chill.

DOUBLE DECKER SALAD

Oleta Throne - Wyoming

1 (4 oz.) pkg. cream cheese

1/2 lb. marshmallows

Melt these in top of a double boiler. Cool, then add:

1/2 c. cream (whipped - or

1 c. crushed pineapple (drained)

Dream Whip can be used)

1/2 c. mayonnaise

Stir well and cool. Put this between layers of plain
 Jello. One layer of lemon, the other lime for spring or
 Easter. Both layers of red Jello for Valentines, red and
 green for Christmas time.

CARROT AND PINEAPPLE SALAD

Bernice Tholson - Wyoming

Make orange Jello according to the recipe on the box.
 Add ground carrots (or grated) and crushed pineapple. Be sure
 and drain the pineapple - the juice can be substituted for
 the water - for instance use 1 c. juice instead of 1 c. water.

Use your own proportions as to carrots and pineapple.

All people smile in the same language!!

PINEAPPLE PUDDING SALAD

Mabel McPherson
Sturgis, South Dakota

- | | |
|--------------------|-------------------------|
| 6 oz. red gelatin | 1 lemon |
| 2/3 c. hot water | 3 c. small marshmallows |
| Pineapple juice | 1 c. nuts |
| 1 can of pineapple | 1 qt. whipped topping |

Dissolve gelatin in hot water. Add 1/2 of the pineapple juice. Add pineapple (crushed or cubed). Then add the rest of the juice. Cool until partly set. Chop nuts. Fold in the marshmallows, nuts and whipped topping.

PISTACHIO SALAD

Sheba Kay Kothman
Sanderson, Texas

- | | |
|---------------------------------|---------------------------------|
| 1 medium carton of Cool Whip | 1/4 pkg. miniature marshmallows |
| 1 box pistachio instant pudding | Chopped pecans |
| 1 small can crushed pineapple | |

Mix all well and refrigerate until served.

PISTACHIO SALAD

Cheryl McPherson -
Sturgis, South Dakota

- | | |
|--|---|
| 1 large carton Cool Whip | 1 pkg. instant pistachio pudding |
| prepared dessert topping <u>or</u> | 1 large can crushed pineapple and juice |
| 2 pkgs. dry dessert topping (prepared) | |

Mix the pudding mix into the Cool Whip. Fold in pineapple, add chopped dates if desired. Chill.

PURPLE PASSION JELLO SALAD

Norma Brown -
Rufus, Oregon

- 2 small pkgs. dark Jello
(grape, black cherry, etc.) 2 1/2 c. boiling water
- Dissolve Jello and let partially set. Then add:
1 can blueberry pie filling mix. Swirl in 1 small container of sour cream. Delicious - besides pretty!!

The really happy man is the one who can enjoy the scenery when he has to take a detour!!

RASPBERRY SALAD

Patty Chapin -
Battle Mountain, Nevada

- | | |
|------------------------------------|-------------------------------|
| 2 (3 oz.) pkgs. raspberry Jello | 1 small can crushed pineapple |
| 2 (10oz.) pkgs. frozen raspberries | 1 1/2 pt. sour cream |
| 2 bananas (mashed) | 1 1/2 c. hot water |

Dissolve Jello in hot water, then add the frozen berries, bananas, pineapple and juice. Mix well. Pour 1/2 of this mixture into a flat Pyrex pan and let set. Spread sour cream evenly over set layer. Pour the remaining Jello mixture over and let set until firm. This is one of our favorites.

RASPBERRY APPLESAUCE SALAD

Elaine Barkley - Wyoming

- | | |
|--------------------------------|--|
| 1 (3 oz.) pkg. raspberry Jello | 1 (10 oz.) pkg. frozen raspberries (or canned) |
| 1 c. boiling water | 1 c. applesauce |
- Combine water and Jello, add the applesauce and raspberries. Chill.

SINFUL SALAD

Mona Williams
Faith, South Dakota

- | | |
|--|--|
| 1 large pkg. strawberry Jello | 1 (20 oz.) can crushed pineapple (drained) |
| 1 c. boiling water | 1 c. sour cream |
| 3 medium bananas (mashed) | 3 oz. pkg. cream cheese |
| 1 c. chopped pecans | |
| 2 pkgs. frozen strawberries (thawed - drained) | |

Dissolve the gelatin with 1 c. boiling water. Cool. Add the next 4 ingredients. Divide the mixture in 1/2. Refrigerate until set.

Blend cream cheese and sour cream, pour over Jello in an 8x8x2 inch pan. Pour remaining Jello on top. Put back into the refrigerator to set.

STRAWBERRY JELLO SALAD

Norma Brown
Rufus, Oregon

- | | |
|--------------------------------|--------------------|
| 2 large pkgs. strawberry Jello | 2 c. boiling water |
|--------------------------------|--------------------|

Dissolve. To the hot Jello mixture add 2 (10 oz.) pkgs. frozen strawberries. Stir until strawberries are thawed and Jello thickened.

Continued on next page.

STRAWBERRY JELLO SALAD (Continued).

Pour 1/2 the mixture into the bottom of a bowl. Mix:
 1 large pkg. cream cheese 1 small carton of sour cream
 Stir into the cream mixture:
 1 1/2 c. crushed pineapple 2 or 3 chopped bananas
 Put the cream mixture over Jello in the bowl. Add remaining
 strawberry mixture over cream mixture. Pretty!

SUPER SALAD

Mrs. James R. Jeanes
 Redding, Iowa

1 can of fruit cocktail	1 c. miniature marshmallows
1 small can mandarin oranges (drained)	1 pkg. pineapple instant pudding
Mix together and chill.	1 c. Cool Whip

VEGETABLE - MEAT SALADS**EASY ASPIC**

Ruth Roe - Wyoming

1 (3 oz.) pkg. lemon flavored gelatin	1 tsp. onion juice
1 1/4 c. hot water	1/2 tsp. Worcestershire Sauce
1 (8 oz.) can tomato sauce	Dash of pepper
2 T. lemon juice	1/4 c. mayonnaise
4 tsp. vinegar	1 (3 oz.) pkg. cream cheese
1/2 tsp. salt	

Dissolve gelatin in hot water, add tomato sauce, lemon juice, vinegar, salt, pepper, onion juice and Worcestershire Sauce. Pour 1/2 into mold and chill until firm. Blend mayonnaise and cream cheese and combine with remaining gelatin mixture. Pour over firm aspic and chill until firm. Unmold onto lettuce or endive.

BEAN FIESTA (Mexico)

Moorcroft Classes - Wyoming

1 (No. 303) can cut green beans	1/2 c. green pepper (chopped)
1 (No. 303) can cut wax beans	1/2 c. salad oil
1/2 c. onions (finely chopped)	1/2 c. white vinegar
1 can red kidney beans (drained - rinsed)	3/4 c. white sugar

Combine beans, add remaining ingredients. Cover and refrigerate for 24 hours. Salad may be kept in the refrigerator for several days - 12 servings.

MEXICAN BEAN SALAD

Rhesa Newman
Las Vegas, Nevada

- | | |
|---------------------------------------|--------------------------|
| 1 (No. 2) can Hunts pork
and beans | Chopped onion (green) |
| 1 small can diced hot chiles | 1 large tomato (chopped) |
| | Taco sauce to suit taste |
- Mix together and put in refrigerator for 3 or 4 hours.

CHICKEN FRUIT SALAD

Bonnie Hawks
Huron, South Dakota

- | | |
|--|---|
| 3 c. cubed cooked chicken | 1 c. diced celery |
| 1 (11 oz.) can mandarin
oranges (drained) | 1/4 c. slivered almonds |
| 1 (8 3/4 oz.) can pineapple
tidbits (drained) | 2 T. salad oil |
| 1 c. seedless green grapes
(halved) | 2 T. orange juice |
| | 2 T. vinegar |
| | 1 tsp. salt |
| | 3/4 c. salad dressing <u>or</u>
mayonnaise |

Combine the chicken, fruits and celery. In small bowl combine remaining ingredients except almonds. Pour over chicken mixture, tossing to coat. Chill. Just before serving add the almonds and toss. Makes 6 servings.

CHICKEN FRUIT SALAD

Margaret Hilty
Colfax, Washington

- | | |
|---------------------|--------------------------------------|
| 5 c. cooked chicken | 1 c. green grapes |
| 2 T. salad oil | 1/2 c. celery |
| 2 T. orange juice | 1 (13 1/4 oz.) can pineapple
bits |
| 2 T. vinegar | 1 can mandarin oranges |
| 1 tsp. salt | 1 c. sliced almonds |
| 3 c. cooked rice | 1 1/2 c. mayonnaise |

Let stand for 2 hours.

BEST EVER CHICKEN SALAD

Myrna Maffett
Ninety-six, South Carolina

- | | |
|-----------------------------------|--|
| 5 c. chopped cooked chicken | 1 1/2 c. sliced celery |
| 2 T. salad oil | 1 (15 1/4 oz.) can pineapple
chunks (drained) |
| 2 T. orange juice | 1 (11 oz.) can mandarin orange
sections (drained) |
| 2 T. vinegar | 1 c. toasted slivered almonds |
| 1 tsp. salt | 1/2 c. mayonnaise |
| 3 c. cooked regular rice | |
| 1 1/2 c. small seedless
grapes | |

Continued on next page.

BEST EVER CHICKEN SALAD (Continued).

Combine the first 5 ingredients in a large bowl. Let stand about 30 minutes to allow the flavors to blend. Add remaining ingredients and toss gently. Yields 10 to 12 servings.

MARINATED SLAW

Floyma Sutterfield
Greenbrier, Arkansas

- 1 medium cabbage (shredded) 3/4 c. sugar
- 1 medium onion

Let set and combine the following ingredients and bring to a boil.

- 1 c. vinegar 1 T. salt
- 3/4 c. Wesson oil (Pour over shredded cabbage and
- 2 tsp. sugar let set in the refrigerator 3
- 1 tsp. dry mustard hours before serving)
- 1 tsp. celery seed

MOLDED CUCUMBER SALAD

Mrs. Jerry Zeise
Green Bay, Wisconsin

- 2 (3 oz.) pkgs. lime gelatin 1 c. mayonnaise
- 3 1/2 c. boiling water 1 pt. cottage cheese
- 1 large cucumber 1 (16 oz.) can crushed pineapple
- 1 small onion (drained)

Combine the gelatin and boiling water. Cool until syrupy. Grate the cucumber and onion and use all of the pulp and very little of the juice. Put cottage cheese through a strainer. Mix all together and pour into a 2 qt. mold.

FIRE AND ICE (4 to 6 servings)

Chris Terrell
Memphis, Tennessee

- 3/4 c. cider vinegar 1/4 c. cold water
- 1/2 tsp. celery seed 6 large firm ripe tomatoes
- 1/2 tsp. mustard seed (skinned and quartered)
- 1/2 tsp. sugar 1 green pepper (cut into
- 1/8 tsp. red pepper strips)
- 1/8 tsp. black pepper 1 large onion (cut into
- 2 tsp. salt (instead of using rings)
- 2 tsp. salt you may use 1 tsp.
- salt and 1 tsp. garlic salt)

Continued on next page.

FIRE AND ICE (Continued).

Mix all the ingredients except vegetables. Bring to a boil rapidly and boil for 1 minute. Pour over the prepared vegetables. Cool, cover and chill. If desired, a cucumber (washed and sliced) may be added at serving time.

FRITO SALAD

Wilma Hope
Lithonia, Georgia

In a large bowl place:

Lettuce (shredded)

1 layer of sliced onions

1 layer large pinto

(washed and drained)

Cover with grated cheese

1 layer chopped tomatoes

Cover with Fritos

Pour one small bottle of Zesty Italian Dressing.

LETTUCE AND FROZEN PEA SALAD

Dianne Greives
West Lafayette, Indiana

1 medium size head of
lettuce (chopped)

3 T. chopped onion

1 (8 or 10 oz.) pkg. frozen
peas (not cooked)

1 c. chopped celery

1 lb. bacon (fried - chopped)

1 c. Hellmann's mayonnaise

Salad Seasonings

Parmesan cheese

Layer each of the above ingredients. Seal with the mayonnaise and top with Parmesan cheese and seasonings. Let set in the refrigerator for 12 to 24 hours, then remove and mix well. Serve. Very delicious!!

TWENTY-FOUR HOUR LETTUCE SALAD

Linda Zeise
NHSR '78 Secretary
Green Bay, Wisconsin

1 large head of lettuce

1/4 c. onion (sliced or
chopped fine)

1/4 c. celery (sliced thin)

1 (6 oz.) can sliced water
chestnuts

1 pkg. frozen peas (not
cooked or thawed)

2 c. Hellmann's mayonnaise

3 tsp. sugar

Romano-Parmesan cheese (grated)

3/4 lb. bacon (fried - crumbled)

4 tomato wedges

2 hard cooked eggs (sliced)

Parsley

Continued on next page.

TWENTY-FOUR HOUR LETTUCE SALAD (Continued).

Shred lettuce into large flat serving dish. Sprinkle over top the next three ingredients in layers. Break peas apart and sprinkle over while frozen. Spread the mayonnaise like frosting over the top. Sprinkle on sugar, and enough grated cheese to completely cover the top. Cover and refrigerate overnight.

Before serving top with sauteed bacon. Decorate with tomato wedges, hard cooked eggs, and parsley. You could toss the salad immediately before serving to mix. Serves 12.

MACARONI SALAD

Rose Marie VanSickel
Sturgis, South Dakota

2 c. cooked macaroni	2 medium tomatoes (diced)
1 onion (diced)	3 stalks of celery (diced)
1/4 c. olives (diced)	1 cucumber (diced)

Toss all the ingredients together and add the following dressing:

1 c. Miracle Whip (salad dressing)	2 T. mustard
2 T. catsup	4 T. sugar

BEST PICNIC SALAD

Mrs. Lester Dewey
Amarillo, Texas

1 can of pork and beans (wash off sauce)	1/2 c. cubed cheese
2 c. chopped cabbage	1/2 c. chopped sweet pickles
1 c. cooked spaghetti	1 T. celery seed
1 small onion (chopped)	1 c. mayonnaise
1 bell pepper (chopped)	

Mix all ingredients very gently. Let set in refrigerator 6 to 10 hours before serving.

RICE KIDNEY BEAN SALAD

Billie Hackett - Wyoming

1 c. cooked rice	1/4 c. chopped onion
1 can kidney beans (drained)	Salt <u>and</u> pepper
1/2 c. chopped sweet pickles	1/2 c. mayonnaise

Mix all together while the rice is hot.

Gossip is the art of saying nothing in a way that leaves nothing unsaid!!

SAUERKRAUT SALAD

Ethel Cooper - Wyoming

- | | |
|---------------------------------|-----------------------------------|
| 1 (1 lb. 11 oz.) can sauerkraut | 1/2 c. oil |
| 1 c. diced celery | 1/2 c. vinegar (weaken if strong) |
| 1 c. diced green pepper | 3/4 c. sugar |
| 1/4 c. diced onion | 1 tsp. salt |
| 1 small can pimiento (diced) | |

Drain the sauerkraut in colander for 15 minutes. Cut into 1 inch pieces with kitchen shears. Place in large mixing bowl. Add the remaining ingredients and mix well. Store in covered container in the refrigerator for 24 hours. Keeps indefinitely!

SAUERKRAUT SALADFrances Crouse
St. Joseph, Missouri

- | | |
|-------------------------|-------------------------|
| 2 c. drained kraut | 3/4 c. celery (chopped) |
| 3/4 c. onions (chopped) | 3/4 c. pepper (chopped) |
| 1 c. sugar | |

Stir sugar into kraut and let set overnight. Cover and refrigerate. Add the remaining ingredients.

WHOLE MEAL IN ONE DISH SEAFOOD SALADJoey Schluneger
Colvax, Washington

- 1 large loaf sliced frozen bread

Butter both sides of slices and trim off the crust. Cut bread into cubes. Add:

- | | |
|--|--|
| 1 large onion (chopped fine) | 4 hard boiled eggs (chopped fine) |
| Refrigerate several hours or overnight. Add: | |
| 2 large cans shrimp | 1 c. Miracle Whip <u>or</u> salad dressing |
| 1 can crab meat | 2 c. mayonnaise |
| 1 c. chopped celery | |

Mix all together and refrigerate. Serves 10 to 12. Serve with assorted pickles or relish tray. This keeps several days before bread cubes lose their shape, even then it still tastes good. Fresh seafood may be used instead of canned.

One reason why a dog is such a lovable creature is that his tail wags instead of his tongue.

SHRIMP SALAD

Helen McBeth - Wyoming

- | | |
|--------------------------------|--------------------|
| 6 c. cooked macaroni <u>or</u> | 2 cans tiny shrimp |
| spaghetti | 1 T. diced onion |
| 1 big green pepper | 2 cucumbers |
| 3 tomatoes (diced) | |

Put in enough Miracle Whip to moisten, no salt or this salad will get watery.

SPINACH SALADFlorence McClelland
Wyoming

Put in layers in a 10x13 inch Pyrex bake pan:

- | | |
|----------------------------------|--|
| 1/2 pkg. chopped frozen | 4 <u>to</u> 6 hard cooked eggs (chopped) |
| raw spinach (drained - | Layer of chopped head lettuce |
| thawed) | Layer of canned peas |
| Salt, pepper <u>and</u> sugar to | Layer of chopped sweet onion |
| taste | Spread 12 to 14 T. mayonnaise |
| 1/2 lb. bacon (cooked and | (thinned a little) |
| crumbled) | |

Sprinkle Swiss cheese grated julienne style over all. Refrigerate for several hours.

TACO SALAD

- | | |
|----------------------------|--------------------------------|
| 1 head chopped lettuce | 1 bag of crushed taco chips |
| 2 chopped tomatoes | 1/2 chopped onion |
| 1 can drained kidney beans | 8 oz. bottle Thousand Island |
| 1 lb. fried hamburger | Dressing |
| 1 c. grated cheese | Taco seasoning (packaged kind) |

Mix taco seasoning into fried hamburger according to the directions on the package. In a separate bowl mix lettuce, tomatoes, kidney beans, cheese and onion. Then add hamburger mixture to salad and mix. Next, add taco chips and Thousand Island dressing. Suggestion: Use a big bowl!

TOMATOES STUFFED WITH CHICKENMyrna Maffett
Ninety Six, South Carolina

- | | |
|-----------------------------|---------------------------|
| 6 large tomatoes | 1 c. diced cooked chicken |
| 1/2 c. plus 2 T. mayonnaise | 1/2 c. diced celery |
| 3/4 tsp. curry powder | 2 T. chopped green onions |
| 1/2 tsp. salt | 3/4 c. cooked green peas |
| 1/8 tsp. pepper | 1 T. chopped pimiento |
| 3/4 tsp. lemon juice | |
| 1 c. cooked rice | |

Continued on next page.

TOMATOES STUFFED WITH CHICKEN (Continued).

Slice tops of tomatoes and scoop out pulp (reserve pulp for use in other recipes). Invert tomatoes on a plate to drain. Chill.

Combine mayonnaise, curry powder, salt, pepper and lemon juice in a mixing bowl. Add remaining ingredients and mix well. Fill tomatoes with the chicken mixture and chill well. Yields 6 servings.

DELUXE TURKEY SALAD

Sheba Kay Kothman
Sanderson, Texas

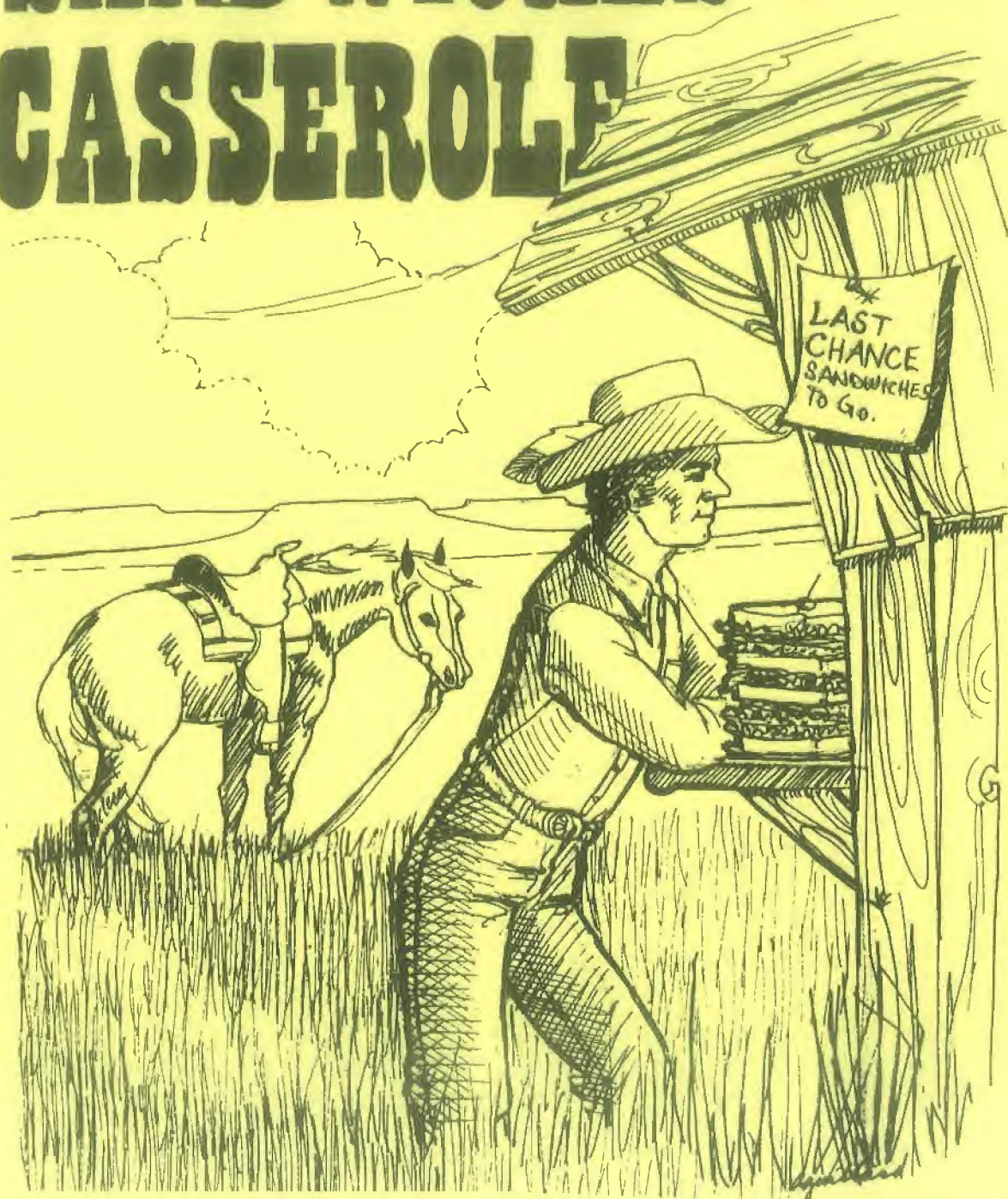
10 c. celery (chopped)	5 cartons sour cream
20 c. cooked turkey breast (chopped)	1 pt. <u>and</u> 1/2 pt. Miracle Whip
2 lbs. fried bacon (crumbled)	Salt
	Pepper
5 large cans whole mushrooms	Onion salt to taste

Combine all the ingredients, seasoning well with salt, pepper and lots of onion salt. Chill. Serve on lettuce leaves. Serves 50.

• • • • •

ADDITIONAL RECIPES

SANDWICHES & CASSEROLE



SANDWICHES

BARBEQUED BEEF

Lillian Wientjes
Mound City, South Dakota

- | | |
|--------------------------------------|---------------------------|
| 1 roast beef (roasted and
sliced) | 1/4 c. catsup |
| Beef drippings | 1 T. vinegar |
| | 2 T. Worcestershire Sauce |

Roast beef and slice. To drippings add the catsup, vinegar and Worcestershire Sauce. Heat to boiling. Add the sliced meat and heat again. Serve in buns.

BARBECUE OPEN FACED SANDWICHES

Marlene Griffith
Faith, South Dakota

- | | |
|-------------------------|---------------------------------|
| 1/4 lb. melted oleo | 1 T. vinegar |
| 2 T. chili sauce | 1 T. water |
| 3 tsp. prepared mustard | Salt <u>and</u> pepper to taste |

On slices of toasted rye bread lay a slice of boiled ham. Then lay a slice of hard boiled egg (cut crosswise).

Combine all ingredients to the sauce and bring to a boil. Pour sauce over sandwich, being sure the sauce is very hot as it cools very fast when poured over the cold meat and egg.

BAR-B-QUE HAM ON BUNS

(Serves 4)

Beth Mason
Butler, Illinois

- | | |
|---|---|
| 2 packets instant beef broth
and seasoning mix | 1 1/2 c. tomato puree |
| 2 cloves garlic (minced) | 1 1/2 c. water |
| 4 oz. onion (finely chopped) | 2 T. brown sugar |
| 4 T. vinegar | 16 oz. cooked ham slices -
coarsely chopped) |
| 2 T. prepared mustard | 4 white rolls (split and
toasted) |
| 4 tsp. lemon juice | |
| 1 tsp. barbecue spice | |

Sprinkle the beef broth mix over garlic and onion in a medium non-stick skillet. Heat slowly until onions are tender. Add vinegar, mustard, lemon juice, barbecue spice, puree and water. Stir to combine. Cook over low heat until slightly thickened. Stir in brown sugar and ham. Heat, serve on rolls.

Happiness consists in activity - it is a running stream and not a stagnant pool.

CORN DOGS

Betty Keffeler
Sturgis, South Dakota

2 c. pancake flour
1/2 c. corn meal
3 eggs

Enough milk to make a medium thin
batter

Mix. Dip wieners in this batter and deep fry in hot vegetable oil until golden brown. Batter may be used to dip onion rings and deep fry also.

LOLLIPOP HOT DOGS

Elaine Sandry
Williston, North Dakota

1 c. sifted enriched flour
2 T. sugar
1 1/2 tsp. baking powder
1 tsp. salt
2/3 c. corn meal

2 T. shortening
1 egg (slightly beaten)
3/4 c. milk
1 lb. frankfurters
1 tsp. mustard

Sift the dry ingredients together. Cut in shortening until it resembles fine crumbs. Combine egg and milk, add to flour mixture. Insert skewers into frankfurters and dip into batter. Fry in deep fat until golden brown.

HOT SPAM SANDWICH

Mary Staley
Edwards, Illinois

1 can Spam (ground)
1 c. grated cheese
1/4 c. pickle relish

2 tsp. mustard
2 T. mayonnaise

Mix and fill hamburger buns. Wrap with foil and bake at 375° for 20 minutes. Makes approximately 10 sandwiches.

HOT TUNA BREAD

Mrs. Bud Ireland
Box Elder, South Dakota

1 (6 1/2 or 7 oz.) can tuna
1/4 c. salad dressing
1/3 c. sour cream

2 T. parsley
1 loaf French bread

Combine tuna, salad dressing, sour cream and parsley. Slice bread in half lengthwise and arrange halves on baking sheet. Top with cheese slices. Bake at 350° until lightly browned - about 25 minutes. Makes 6 servings.

LET 'ER BUCK

Victory Searle - Managing Editor of
Hoof and Horn Magazine -
Denver, Colorado

1 loaf French bread (cut
in half lengthwise)
1 jar mild flavored
processed cheese spread
sliced or chopped leftover
meat (fried crumbled ham-
burger works fine too)

2 small cans of mushrooms
1 1/2 tsp. oregano
3/4 c. chopped green onion
1 1/2 cans tomato sauce
4 T. salad oil

Place the two halves of bread on a cookie sheet cut side up.
Next spread the first 5 ingredients, in the order listed, on
the bread. Be sure and spread the cheese clear to the edges.
Then spoon the tomato sauce on top and finally drizzle the oil
over the works. Do not broil it - just put in a 325° oven for
20 minutes.

OUTDOOR BURGERS

Betty Manuel
Kamloops, British Columbia

1 lb. ground beef
1/4 c. chopped onion
2 T. finely chopped green
pepper
3 T. catsup

1 T. prepared horseradish
1 tsp. salt
2 tsp. prepared mustard
Dash of pepper

Combine all ingredients. Mix lightly and shape into 4
patties about 1/2 inch thick. Broil over hot coals 5 to 6 minutes.
Turn and broil 5 minutes or to the desired doneness.

HOT CRAB SANDWICH

Condon High School
Condon, Oregon

1 c. Velveeta cheese
(grated)
1 can crab or shrimp
1 can tomato hot sauce

1 c. mayonnaise
1 T. grated onion
1 small jar stuffed olives
(optional)

Mix together and spread on open hamburger buns. Bake
30 minutes at 350°.

The smallest deed is better than the grandest
intention!!

IOWA PORKETTE SANDWICHES

Shirley Davis
Albion, Iowa

1 lb. lean ground pork
(80% lean)
1/4 tsp. Ac'cent

2 T. barbecue sauce
1 tsp. salt
Dash of pepper

Combine all the ingredients and form into patties or cook loose like maidrites. When buying meat for this recipe make sure you get 80% lean pork and buy 2 or 3 extra pounds. Eat this sandwich on buns - ever tasty!!

COLASSAL CHEESEBURGER

Joyce Matteson
Mooreland, Oklahoma

1 1/2 lbs. ground beef
1/2 c. chopped onion
1/2 tsp. salt
1/4 tsp. pepper
1/2 to 1 tsp. chili powder

1 (8 oz.) can tomato sauce
2 (8 oz.) cans refrigerated
Crescent dinner rolls
1 c. shredded Cheddar cheese (4 oz.)
1 T. milk
Sesame seed

You can use taco sauce instead of the chili powder and tomato sauce. Preheat the oven to 375°. Grease 12 inch pizza pan.

In a large frying pan brown the ground beef and onion. Drain. Simmer while preparing crust. Separate crescent dough into 16 triangles. Arrange 13 triangles around prepared pan spoke fashion with narrow tips of triangles extending over pan edge about 5 inches. Press remaining triangles in center of pan to cover, seal the perforations.

Spread meat mixture over dough, sprinkle with cheese. Bring dough up over filling to center, pinch edges to seal. Brush with milk, sprinkle with sesame seed. Bake at 375° for 20 to 30 minutes until golden brown, and the crust is no longer doughy. Refrigerate any leftovers.

TACO BURGERS

Steve Prince
Deer Park, Washington

1 lb. ground beef
1 (16 oz.) can tomatoes
(cut up)
1 tsp. chili powder
1 tsp. Worcestershire Sauce
3/4 tsp. salt
1/2 tsp. sugar

1/4 tsp. dry mustard
8 hamburger buns (\$split - toasted
if desired)
2 c. shredded lettuce
1 c. shredded American cheese

Continued on next page.

TACO BURGERS (Continued).

Brown the ground beef; drain off fat. Add undrained tomatoes, chili powder, Worcestershire Sauce, sugar and dry mustard. Stir well. Bring to boiling, reduce heat and simmer, uncovered, until thick (15 to 20 minutes). Spoon onto buns. Sprinkle each with lettuce and shredded cheese before adding top half of bun. Serve with corn chips - serves 8.

WASHINGTON TACOS

Mrs. Karl Richardson
Pasco, Washington

FILLING:

2 lbs. hamburger	1 (1 pt. 2 oz.) can tomato
1 T. vinegar	juice
2 T. Worcestershire Sauce	1 c. catsup
2 tsp. salt	1/4 c. brown sugar (packed)
1 envelope onion soup	

Brown the meat and drain. Add all ingredients, cover and cook slowly for 1 1/2 hours until thick. While cooking make the pancakes:

3 eggs	1 tsp. salt
1 1/2 c. milk	1/2 c. corn meal
1 c. flour	2 T. melted butter

Beat the eggs with milk. Sift in flour and salt. Stir in corn meal. Heat skillet over low heat, grease with butter. Pour in 1/4 c. batter to make a very thin pancake, skillet size. Flip and cook on the other side. Spoon filling into each pancake, roll up and place seam side down in pan.

TOPPING:

2 c. sour cream	1 tomato (chopped)
1 c. grated cheese	
1 green pepper (sliced into rings)	

Spread sour cream over tacos, sprinkle on the cheese, tomato and pepper rings. Bake 30 minutes at 350°. These freeze well - bake 60 minutes if frozen.

I make triple batch, place in foil lined pan and freeze. Then take along to rodeos, heat in oven or electric fry pan.

Many of us spend half our time wishing for things we could have if we didn't spend half our time wishing!

FLOUR TORTILLAS

Sheba Kay Kothman
Sanderson, Texas

4 c. white flour 1 1/2 tsp. salt
2 tsp. baking powder 1 1/2 c. water
4 T. shortening

Mix the ingredients together and make into a medium stiff dough. Break off enough dough to make a ball 3 inches in diameter. Roll out in a round T shaped cake 1/8 inch thick. Cook on a dry hot iron skillet until browned on both sides.

Serve hot, pronto! Good by themselves with butter or with refried beans or cooked meat rolled up in them.

"WHATCHAMACALLITS"

Pat Isenberger
Gillette, Wyoming

Brown 1 1/2 lbs. hamburger. Add:

2 cans chili beans Salt and pepper to taste

Mix all together. Warm flour tortillas in skillet. Cover with hamburger and bean mixture. Cover with grated American cheese and chopped onion. Place in oven until cheese starts to melt. Cover with grated lettuce and chopped fresh tomatoes. Serve with taco sauce.

SLOPPY JOES

Carol Dickinson
Weston, Wyoming

1 lb. ground beef 3 T. catsup
3/4 c. chopped onion 3 T. prepared mustard
1 can condensed chicken 6 hamburger buns (split and
gumbo soup toasted)

Cook and stir ground beef and onion until meat is brown. Drain off the grease. Stir in remaining ingredients, simmer 15 minutes. Serve on buns.

WIMPIES FOR LARGE CROWD

Shirley Keffeler
Sturgis, South Dakota

10 lbs. hamburger (browned) 1 envelope Wylers French onion
1 c. catsup soup mix
1 (55 oz.) can tomato soup 2 T. mustard
Salt and pepper to taste 1 (28 oz.) can tomatoes (mashed
fine)

Mix all ingredients together and serve on buns.

CASSEROLES

PATIO BEANS

Jacque Halterman
Las Vegas, Nevada

- 2 (16 oz.) cans S & W
kidney beans
- 1 onion (chopped)
- 1 lb. hamburger
- 1 can tomato soup

- 2 T. mustard
- 1/2 c. brown sugar
- 3 slices bacon

Brown the hamburger and onion. Add to the other ingredients. Put in 2 qt. casserole. Top with bacon slices and bake at 350° for 1 hour.

JOES BEANS

Gwen Loehrke
New Salem, North Dakota

Brown with onions 1 lb. hamburger and 1/2 lb. cubed bacon. Put into casserole with:

- 1/2 c. catsup
- 1 tsp. salt
- 1/4 c. brown sugar
- 1 tsp. mustard

- 2 tsp. vinegar
- 1 (No. 2) can pork and beans
- 1 (No. 2) can kidney beans
- Optional: 1 (No. 2) can lima
beans

Worcestershire Sauce to taste

Mix all ingredients well and bake 40 minutes at 350°.

PIONEER BEAN SUPREME (Serves 8 to 10)

Donna Jensen
White River, South Dakota

- 1 (1 lb.) can pork and beans
(drained)
- 1 (1 lb.) can butter beans
(drained)
- 1 (1 lb.) can kidney beans
(drained)
- 1/2 lb. bacon (diced - fried
and drained)
- 1/2 lb. hamburger (browned)

- 1/4 c. catsup
- 1 c. plus 2 T. brown sugar
- 1 medium onion (chopped or
diced)
- 1/4 c. mustard
- 2 T. sugar
- 2 T. molasses

Mix all ingredients and bake at 350° for 35 to 40 minutes in 2 qt. casserole. Really good main dish!!

CALICO BEAN HOT DISH

Mona Williams
Faith, South Dakota

- | | |
|--------------------------|---------------------------------|
| 1/2 c. chopped onion | 1 (31 oz.) can pork and beans) |
| 1/2 lb. bacon (chopped) | 1 (15 oz.) can red kidney beans |
| 1 (1 lb.) can lima beans | 1/2 c. brown sugar |
| <u>or</u> butter beans | 1/2 c. catsup |
| 2 tsp. white vinegar | 1 tsp. salt |
| 1 tsp. mustard | 3 T. green chili peppers |
| 1 lb. ground beef | |

Combine the onion, ground beef and chopped bacon. Brown and drain. Combine the rest of the ingredients in a large casserole. Bake for 1 hour at 350°.

BEEF 'N BEAN ROLL-UPS

Ronda Rustad
Kindred, North Dakota

- | | |
|----------------------|-----------------------------------|
| 2 c. flour | 1/4 c. butter <u>or</u> margarine |
| 2 tsp. baking powder | 1/2 c. milk |
| 1/2 tsp. salt | 1/4 c. molasses |

MEAT MIXTURE:

- | | |
|--------------------------------|---|
| 1 <u>to</u> 2 lbs. ground beef | 1/2 <u>to</u> 1 c. finely chopped onion |
| 2 (1 lb.) cans pork and | 1/2 c. molasses |
| beans (3 1/2 c.) | 1/4 c. catsup |

Prepare meat mixture; set aside. Cut butter into flour, baking powder and salt until crumbly. Add milk and molasses; stir just until dough clings together. Knead 5 or 6 times. Roll out to a 12x9 inch rectangle. Spread 3/4 c. warm meat mixture over the dough. Starting with longer side, roll up. Cut into 12 (1 inch) slices. Pour remaining hot meat mixture into 12x8 or 13x9 inch (shallow 2 or 3 qt.) baking dish. Place biscuit slices on hot mixture in baking dish forming 3 rows of 4 biscuits each. Bake at 400° for 20 to 25 minutes until biscuits are brown and bean mixture is bubbly. Serve HOT.

To prepare meat mixture brown ground beef; drain. Add the beans, onion, molasses and catsup. Mix well. Bring mixture to a boil and remove from heat. Cover to keep warm.

One of the mysteries of life is how a boy who wasn't good enough to marry your daughter can be the father of the smartest grandchild in the world.

BUBBLE AND SQUEAK FOR TWO

Norene Bruner
Box Elder, South Dakota

Brown steak or pork chops enough for two in a skillet. Slice raw carrots, onions and potatoes on top, enough for two. Cover all with one can of cream of mushroom soup. Bake, covered, at 350° for 75 minutes.

CHEESE GRITS CASSEROLE

Edward G. Sweatt
Memphis, Tennessee

1 c. grits (cooked)
1/4 lb. Cheddar cheese
(grated)

1 stick butter
2 eggs plus milk to total 1 c.
1/4 tsp. garlic salt (or less)

Melt the butter in baking dish or 2 1/2 qt. casserole dish. Combine grits, cheese, beaten eggs and milk, garlic salt. Pour into baking dish or casserole. Bake at 325° for 1 hour. This is a good side dish for roast beef.

MEXICAN CHICKEN CASSEROLE

Lil Moore
Las Vegas, Nevada

Cook 2 to 4 chicken breasts. Cool and tear into bite sized pieces. Make Sauce:

1 can mushroom soup
1 can cream of chicken soup
1 can Ortega salsa
1 c. milk
1 medium onion (chopped)
1 dozen corn tortillas (torn
into bite size pieces)

1 or 1/2 can Ortega diced
chillies
1 lb. grated Jack cheese
1 lb. longhorn cheese

Layer in buttered baking dish (repeat twice):
Chicken first, tortillas, sauce, chillies, then cheese. Bake at 350° for 1 hour.

EASY CHILI RELLENOS

Peg Ray - Las Vegas

1 large can Ortega green
chilli (split chillies,
clean, rinse and drain)

Grate 1 pkg. longhorn cheese
and 1 pkg. Jack cheese

Alternate chillies and both kinds of cheese in 13x9 inch dish (end with layer of cheese on top).

Continued on next page.

EASY CHILLI RELLENOS (Continued).

Beat 4 eggs with 3 T. flour and 1 small can of evaporated milk. Pour over chilles and cheese. Bake 30 minutes at 350°. Pour 1 (12 or 15 oz.) can of tomato sauce on chilles and bake 15 minutes more. Serve with sour cream if desired.

GREEN CHILI CASSEROLE

Rhesa Newman
Las Vegas, Nevada

- | | |
|---------------------------|-----------------------------|
| 1 large can green chilies | 1 pkg. Cheddar cheese |
| 1 pkg. Jack cheese | 4 eggs |
| 3 T. flour | 1 small can evaporated milk |
| 1 small can tomato sauce | |

Shred the two kinds of cheese and layer the chilies and cheese. Start with the chilies and end with cheese. Now beat eggs and gradually add flour. Add milk and pour over chilies and cheese. Bake at 350° for 30 minutes in 9x13 inch pan. Remove and pour tomato sauce over. Return to the oven for 15 minutes.

CHINESE HASH

Mrs. Karl Richardson
Pasco, Washington

- | | |
|--|--|
| 1 lb. ground beef | 1 can bean sprouts (drained -- optional) |
| 1 c. chopped onion | 1 can cream of mushroom soup |
| 1 c. sliced celery | 1 can cream of chicken soup |
| 1/4 tsp. pepper | 1 (3 oz.) can chow mein noodles |
| No salt | 1/4 c. soy sauce |
| 1 pkg. frozen peas <u>or</u> whole kernel corn | |
| 1 soup can of water | |
| 1/2 c. uncooked rice | |

Brown the meat until crumbly. Add onion and celery, soups and water. Stir in rice, soy sauce and sprouts. Turn into greased 3 qt. casserole. Cover and bake 30 minutes at 350°. Remove the cover and bake 30 minutes more. Sprinkle chow mein noodles on top and bake 15 minutes more. You may want to add soy sauce at the table.

Peace is not the absence of conflict - but the ability to cope with it!

EASY CHOP SUEY

Norma Brown
Rufus, Oregon

- | | |
|-------------------------------------|-------------------------------|
| 1 1/2 lbs. ground beef <u>or</u> | 2 T. cornstarch |
| 1 1/2 lbs. beef strips | 1 tsp. salt - 1/8 tsp. pepper |
| 1 medium onion (sliced) | 2 c. water |
| 1 c. sliced celery | 2 T. soy sauce |
| 1/2 c. sliced fresh mushrooms | 2 c. shredded cabbage |
| 2 T. shortening <u>or</u> drippings | Cooked rice |

Brown the beef, onion, celery and mushrooms in shortening. Pour off excess. Combine the cornstarch, salt, pepper, water and soy sauce. Add to meat mixture and cook, stirring constantly until thickened. Add cabbage and cook until the vegetables are tender (about 10 minutes). Serve over hot cooked rice - makes 6 servings.

COUNTRY PIE

Wilma Hope
Lithonia, Georgia

CRUST:

- | | |
|--|------------------------------|
| 1/2 (8 oz.) can tomato
sauce (1/2 c.) | 1/4 c. chopped green peppers |
| 1/2 c. bread crumbs | 1 1/2 tsp. salt |
| 1 lb. ground beef | 1/8 tsp. pepper |
| 1/4 c. chopped onions | 1/8 tsp. oregano |

Combine all the ingredients, then pat meat mixture into a 9 inch pie plate, sides and bottom.

FILLING:

- | | |
|----------------------|----------------------------------|
| 1 1/3 c. Minute Rice | 1 1/2 (8 oz.) cans tomato sauce |
| 1 c. water | 1 c. grated sharp Cheddar cheese |
| 1/2 tsp. salt | |

Combine the rice, tomato sauce, salt, water and 1/2 c. cheese. Mix well and spoon the mixture into the meat shell. Cover with foil and bake at 350° for 25 minutes. Uncover and top with remaining cheese. Bake uncovered 10 to 15 minutes.

The more difficult the obstacle, the stronger
one becomes after hurdling it.

CHUCK WAGON MAC

Beth Mason
Butler, Illinois

1/2 c. sliced celery
1/2 c. chopped onion
1/4 c. chopped green peppers
1 pkg. Kraft macaroni dinner
2 c. whole kernel corn
(drained)
1 lb. ground beef

1 (1 lb.) can tomatoes (2 c.)
1 (6 oz.) can tomato paste
1/2 tsp. salt
Dash of pepper
2 T. oil

Season the meat and shape into 12 balls. Brown in oil. Add celery, onion and green peppers. Cook until tender.

Prepare the dinner as directed. Add to meatballs with remaining ingredients. Simmer 15 minutes - serves 6.

CORNED BEEF HOT DISH

Betty Keffeler
Sturgis, South Dakota

1 can corned beef
2 c. macaroni (cooked without salt)
1 can cream of mushroom soup

1 can Cheddar cheese soup
1/4 to 1/2 c. milk
2 pkgs. frozen broccoli (cooked)

Put layers of macaroni, broccoli and corned beef into a 9x13 inch pan. Cover with soups mixed with milk. Bake at 350° for 40 to 50 minutes. Spread frozen onion rings over the top the last 10 to 15 minutes. Serves 12 to 15.

COWBOY SUPPER (8 to 10 servings)

2 T. butter or margarine
1/2 c. chopped onion
1/2 c. chopped green pepper
1 dozen wieners (quartered)
2 c. chopped fresh tomatoes
1/2 tsp. caraway seeds
1/2 tsp. salt
1 bay leaf
1/4 tsp. paprika
4 hard cooked eggs (quartered)

JOHNNY CAKE:
1 c. corn meal
1 c. sifted all-purpose flour
1 tsp. baking soda
1 tsp. salt
4 T. sugar
2 eggs
2 c. buttermilk
3 T. melted butter or margarine

Heat butter or margarine in skillet. Add chopped onion and chopped green pepper. Cook until onion is yellow. Add all the remaining ingredients except hard cooked eggs. Simmer for 15 minutes. Place eggs on top of other ingredients and simmer for 10 minutes longer. Serve on thin slices of Johnny Cake or if preferred on wafers or toast.

Continued on next page.

COWBOY SUPPER (Continued).

To prepare the Johnny Cake sift together corn meal, flour, baking soda, salt and sugar. Beat the eggs well, add buttermilk, butter or margarine and mix thoroughly. Pour liquid mixture into flour mixture, stirring lightly until flour mixture is moistened. Fill greased pan (square, round or muffin) 1/2 to 2/3 full. Bake in hot 400°F oven for 20 to 25 minutes or until brown. Cut as desired and serve hot.

EGGPLANT DRESSING

Stacey Cole
Sunset Louisiana

1 medium eggplant	1/2 lb. ground meat
5 T. oleo	1/2 c. minced onion
1/4 c. chopped green pepper	2 c. cooked rice
1 tsp. salt	1/2 c. bread crumbs
1/2 tsp. pepper	

Peel the eggplant and cook in salted water until tender. Drain and mash. Brown beef in 3 T. oleo, add onion and pepper. Cook until tender. Stir in eggplant, cooked rice, salt and pepper.

Pour into casserole. Saute' bread crumbs in remaining 2 T. oleo. Sprinkle over eggplant mixture and bake at 375° for 20 minutes.

ENCHILADA CASSEROLE

Jane Record -
Stinnett, Texas

1 lb. hamburger	1 can green chillies (chopped)
1 can taco sauce	1 medium onion (chopped)
1 can enchilada sauce	1 pkg. tortillas
1 can cream of mushroom soup	2 c. shredded cheese
1 can cream of chicken soup	

Brown hamburger, drain off fat. Add onion and cook for 2 minutes. Add taco sauce and enchilada sauce, mix and cook for 5 minutes. In a pan mix the two soups and green chillies. Heat over low flame 10 minutes. In a 9x13 inch casserole put a layer of broken tortillas, a layer of meat mixture, a layer of soup mixture and 1 c. cheese. Repeat layers and bake at 350° for 30 minutes.

Wit is the salt of conversation, not the food!

WELCHS ENCHILADAS

Mrs. David Welch
St. George, Utah

3 lbs. ground beef	1/2 tsp. sugar
1 large onion	Salt <u>and</u> pepper to taste
1 T. chili powder	1 lb. cheese (grated)
1 T. hot sauce	2 dozen frozen tortillas
1 large can tomato sauce	

Fry meat and onion. Add chili powder, tomato sauce, hot sauce, sugar, salt and pepper. Simmer until time to roll tortillas.

GRAVY:

4 <u>to</u> 6 T. cooking oil	4 T. flour or enough to make a
1 T. chili powder	paste

Mix on heat, then add water enough to make a mixture which is medium thick. Cook until thickened. Dip tortillas in the gravy. Fill with small amount of meat mixture. Sprinkle with cheese and onion. Now roll and place in greased baking dish. Pour remaining gravy over enchiladas and sprinkle with cheese. Bake at 375° until cheese is well melted. Hope you like these!

ENCHILADAS

Elaine Sandry
Williston, North Dakota

12 frozen tortillas

MEAT FILLING:

1 lb. ground chuck	1 T. chili powder
1 clove garlic	1 can kidney beans
2 tsp. salt	
1 T. water	

TOMATO SAUCE:

1 can of enchilada sauce	1 can tomato paste
<u>OR</u>	1 beef boiling cube
3 T. salad oil	1/2 tsp. salt
1 clove garlic	1/8 tsp. pepper
1/2 c. onion	
1/2 c. green pepper	
1 can tomatoes	

Cook the chuck until browned. Stir in kidney beans. Remove from heat. Make tomato sauce in hot oil in skillet. Saute' garlic, onion and green pepper until tender - about 5 minutes. Remove from heat. Stir in undrained tomatoes and tomato paste, mix well.

Continued on next page.

ENCHILADAS (Continued).

Bring to the boiling point, stirring over medium heat. Dissolve 1 beef bouillon cube in 3/4 c. boiling water. Add beef bouillon, the salt and pepper to the tomato mixture. Simmer uncovered and stirring occasionally for 5 minutes to thicken slightly.

To assemble: Preheat oven to 350°F. Place 1/3 c. filling in center of each tortilla; roll up. Arrange seam side down in 13x9x2 inch baking dish. Pour the tomato sauce over all. Sprinkle top with grated cheese. Bake for 25 minutes. Makes 12 enchiladas.

GARLIC GRITS

Ruby Austin
Florence, Mississippi

1 c. grits (cooked)	3 eggs
1 roll garlic cheese	1 stick margarine <u>or</u> butter
1/2 c. milk	

Beat eggs with grits. Add milk, cheese and butter. I use only 1/2 stick of butter. Bake at 350° for 45 minutes.

HERBED MUSHROOM PACKETS

Beth Mason
Butler, Illinois

1 lb. mushrooms (sliced)	1/2 tsp. thyme
1 T. lemon juice	1/2 tsp. marjoram
1/4 c. butter (melted)	Salt <u>and</u> pepper to taste
2 tsp. parsley flakes	5 green onions (chopped)

In a mixing bowl with fork toss the mushrooms with lemon juice. Add remaining ingredients. Toss until well combined. Divide mixture in half on two large double sheets of aluminum foil. Carefully fold and seal foil around mushrooms to form packets.

Place on grill over medium heat. Cook 15 minutes or until mushrooms are tender.

JAMAZETTA

Janice Konicek
Bancroft, Nebraska

1 pkg. noodles	1 c. cubed American cheese
2 lbs. hamburger	1 tsp. salt
1 medium onion (diced)	1/4 tsp. pepper
1 can condensed tomato soup	

Continued on next page.

JAMAZETTA (Continued).

Cook and drain the noodles. Pan fry hamburger and diced onion. Add tomato soup and cheese. Place in 10x14x2 inch pan. Bake at 350° for 30 minutes. Serves 8 generously.

KING RANCH CASSEROLE

Stacey Cole
Sunset, Louisiana

- | | |
|---|----------------------------------|
| 1 cooked boned stewing
chicken (reserve broth) | 1 can green chillies |
| 18 (about) fresh corn tortillas | 1 <u>to</u> 1 1/2 chopped onions |
| 2 1/2 c. grated Cheddar cheese | 1 can rotel tomatoes |
| 1 can cream of mushroom soup | 2 c. chicken broth |
| 1 can cream of chicken soup | |

Layer in a casserole the tortillas, chicken, onions, cheese and chillies. Mix the soups, broth and tomatoes. Pour over casserole. Bake 1 hour at 350°. Season to taste if needed.

6 HOUR STEW

Norene Bruner
Box Elder, South Dakota

- | | |
|---|---------------------------------|
| 2 lbs. stew meat (do not brown) | 8 carrots (cut in chunks) |
| 1 (No. 2) can tomatoes <u>or</u>
stewed tomatoes | 1 pkg. dry onion soup mix |
| 1 pkg. frozen peas (add last) | 1/2 c. or less sherry |
| 1 T. salt | 1 T. sugar |
| 3 T. tapioca (instant) | Dash of pepper |
| | 3 <u>to</u> 4 potatoes (cut up) |

Put all the ingredients raw into a large greased baking dish or roaster. Cover and bake 6 hours at 350°. Check and stir after the first 3 hours. The last half hour add the frozen peas and cook uncovered.

HAM AND BROCCOLI AU GRATIN

Libbie Martin
Parker, Colorado

- | | |
|-------------------------|---------------------------------------|
| 1/2 tsp. dry mustard | 1 c. milk |
| 1 tsp. water | 3 c. diced cooked ham |
| 1/8 tsp. pepper | 1/2 c. grated sharp Cheddar
cheese |
| 2 tsp. lemon juice | 1 c. soft bread crumbs |
| 2 pkgs. frozen broccoli | 3 T. butter |
| 2 T. butter | |
| 1 1/2 T. flour | |

Continued on next page.

HAM AND BROCCOLI AU GRATIN (Continued).

Mix mustard with water, pepper, lemon juice and let stand for 10 minutes. Cook broccoli according to directions on the package. Make a white sauce with butter, flour and milk. Add the mustard mixture. Arrange the drained broccoli in a baking dish and put a layer of ham - a layer of cheese. Cover with cream sauce and sprinkle with bread crumbs blended with melted butter. Bake in 350° oven for 30 minutes. Serves 6. (Tuna fish may be used in place of the ham.)

HAM AND EGG CASSEROLE

Betty Carr
White River, South Dakota

2 1/2 c. herb seasoned croutons	1 small can of evaporated milk
6 eggs	1 to 1 1/2 c. diced ham
3/4 to 1 cup diced American or Cheddar cheese	

Lightly grease a 9x13 inch pan. Cover the bottom with the croutons. Beat eggs to mix - but not until foamy. Add the can of evaporated milk, cheese and ham. Mix lightly and pour over the croutons. Refrigerate overnight. Bake about 1 hour at 325°. A good dish for brunch or an easy company breakfast!

HAM AND MACARONI CASSEROLE

Cheryl Ebert
White River, South Dakota

2 c. dry macaroni	1 (3 oz.) can mushrooms
2 c. medium white sauce	2 tsp. pimienta
2 c. shredded sharp cheese	1/4 c. broken cashews
2 c. cubed ham	

Cook the macaroni, add all ingredients together. Heat until warmed through in low oven and may garnish with bread crumbs if one likes. (Serves 4 to 6)

This could be frozen or doubled to serve a larger group.

HAMBURGER CASSEROLE

Carol Dickinson
Weson, Wyoming

Place 1 1/2 lbs. hamburger in a casserole. Put in layers:	
1 large chopped onion	Add 1 can cream of mushroom
1 can green beans	soup
Tater Tots enough to cover	Top with slices of cheese

the other ingredients
Bake at 350°F oven for 45 minutes.

HAMBURGER STOCK POTTela Keffeler
Sturgis, South Dakota

1 lb. ground beef
 2 T. margarine
 1/2 tsp. celery salt
 1/2 tsp. salt
 1/4 tsp. pepper
 1 (10 1/2 oz.) can cream of mushroom soup
 1 (10 1/2 oz.) can stock pot soup

1 (15 oz.) can cut green beans
 6 tsp. minced onions or
 3/4 c. chopped onions
 2 T. Worcestershire Sauce
 1 c. water
 1 c. Minute Rice

Brown the hamburger in hot melted margarine in large fry pan along with salt and pepper. Add to hamburger minced onion, the soups, water, sauce and juice drained from the green beans. Bring to a boil, add the rice and beans gently. When the mixture begins to bubble turn to low heat. Cover and allow to simmer 20 minutes. Stir often. On electric fry pan brown at 300° and simmer at 150°.

THREE IN ONELori Gunter
Las Vegas, Nevada

Salt and pepper
 1 lb. lean hamburger

6 medium potatoes
 2 cans or frozen whole kernel corn

Peel and slice potatoes. Fry. Brown the hamburger in a separate pan and season. Drain meat. Add to the fried potatoes. When both are cooked well add the corn. Heat corn through and serve.

HOT DISHMabel McPherson
Sturgis, South Dakota

2 lbs. hamburger (brown in fry pan) 2 cans cream of celery soup
 2 cans cream of chicken soup
 Mix into casserole. Add 2 pkgs. frozen Tater Tots on top.
 Bake for 1/2 hour at 350°.

SAVORY MEAT BALL CASSEROLESharon Clark
St. Joseph, Missouri

1 lb. ground beef
 1/4 lb. pork sausage (1/2 c.)
 1/2 c. dry bread crumbs
 1/3 c. evaporated milk
 2 T. chopped onion
 1 tsp. chili powder
 1/8 tsp. pepper

Combine and mix well. Shape into meat balls. Brown, cover and cook 10 minutes.

Continued on next page.

SAVORY MEAT BALL CASSEROLE (Continued).

Place in 2 1/2 qt. casserole dish. Combine:
 1 can mushroom soup 1 c. evaporated milk
 1 can cream of celery 1/2 c. water
 soup

Heat until steaming and pour over the meat balls. Top with Chili Cheese Biscuits. Bake at 400° for 20 to 25 minutes.

CHILI CHEESE BISCUITS:

Combine:
 1 1/3 c. flour 3 tsp. baking powder
 1/2 tsp. chili powder 1/4 tsp. salt
 Cut in 1/3 c. shortening (part butter) until the particles are fine. Combine:
 1 unbeaten egg 1/3 c. evaporated milk

Add to the dry ingredients and stir until the dough clings together. Knead on floured surface 10 times. Roll out to a 12 inch square. Sprinkle with 1 1/2 c. shredded American cheese and 1 T. dried parsley. Roll up like a jelly roll and cut into 1 inch pieces. Bake on top of Savory Meat Ball Casserole.

MOM'S BEEF AND CABBAGE STEW

Lori Gunter
 Las Vegas, Nev.

1 lb. beef chunks 6 medium potatoes
 1/2 onion 1 head of cabbage
 Seasonings

Brown beef in margarine and season. Add onion and 1 qt. of water. Add potatoes and cook for 2 hours, slowly. 45 minutes before serving add thickening to make stew gravy. Then add quartered cabbage and cook 45 minutes.

MEXICAN DISH

Harold McCain

NHSR '78 Calf Roping Champ
 Idabel, Oklahoma

1 lb. ground beef	1 can mushroom soup
1 tsp. garlic salt	1 envelope enchilada seasoning
1 tsp. chili powder	1 small can taco sauce
1 pkg. corn tortillas	1 (8 oz.) pkg. Cheddar cheese
1 can ranch style beans	

Continued on next page.

MEXICAN DISH (Continued).

Cook the meat, garlic salt and chili powder until brown. In a large casserole dish tear tortilla shells into 6 pieces. Layer with beef, enchilada sauce, beans, soup, cheese and taco sauce. Top with cheese and pepper slices. Bake 40 to 45 minutes at 350°.

BOMBEI (Aunt Lila's)

Lori Gunter
Las Vegas, Nevada

2 pkgs. Top Ramen 1 lb. meat sausage, hamburger, hot
1 handful bean sprouts dogs

Fry meat. At the same time put Top Ramen noodles in boiling water and bean sprouts into meats. As soon as noodles are done add to meat and sprouts. Do not let your sprouts cook so long they become soft. For variety and better flavor add the seasoning package from the noodles into the meat.

MEXICAN CASSEROLE

Rhesa Newman
Las Vegas, Nevada

2 lbs. hamburger 1 pkg. Doritos
1 jar Picante sauce (large) 1/2 small can of chopped
2 cans cream of chicken soup chilies
Grated Cheddar cheese

Fry hamburger until color is gone. Drain. Add chilies, the Picante sauce, soup and cook about 20 minutes. Line a long glass dish with Doritos. Pour hamburger mixture over Doritos, then push more Doritos into soup mixture. Top with cheese. Put in oven at 350° until cheese melts.

MOR

Patty Chapin
Battle Mountain, Nevada

8 oz. pkg. spaghetti 1 green pepper (chopped)
1 lb. hamburger 1 small bunch celery (chopped)
1/2 lb. sausage 1 clove of garlic
1 large onion (chopped) Salt and pepper to taste

Cook spaghetti, drain and spread over bottom of large casserole. Brown meat, onion, pepper, celery and garlic in frying pan. When brown add a can of tomatoes. Simmer a few minutes and spread over the top of the spaghetti.

Continued on next page.

MOR (Continued).

Now add in layers:

- | | |
|---------------------------------|----------------------------------|
| 1 can drained whole kernel corn | 1 can mushrooms |
| 1 can drained peas | 1 can pitted sliced black olives |
| 1 can drained pimientos | |

Reach under the layers with a fork and tease up the spaghetti here and there, to make it look attractive. Bake for 15 minutes in hot 400° oven. Sprinkle with 1/2 lb. grated cheese. Reduce heat and return to oven for a few minutes or until the cheese is melted. Very good when warmed over too.

PORK CHOPS AND CABBAGE

Mary Staley
Edwards, Illinois

- | | |
|--------------------------|-------------------------------|
| 4 <u>to</u> 6 pork chops | 1 head of cabbage (quartered) |
| 6 <u>to</u> 8 potatoes | Carrots |
| 1 medium onion | 1 c. water |

In a pressure cooker brown pork chops and remove from pan. Place cabbage in bottom of cooker, add the potatoes, carrots, onion and water. Place pork chops on top and season to taste. Cook at 15 lbs. pressure for 12 minutes.

RICE

Mrs. Harold Peterson
Filer, Idaho

Brown 2 c. uncooked rice (Uncle Ben's) in 1 cube butter (1/4 lb.) Add:

- | | |
|------------------------------|-------------------------------|
| 1 bunch chopped green onions | 1 can consomme soup |
| 1 can bouillon soup | Rinse each can of soup with a |
| 3 T. soy sauce | small amount of water |

Cover and bake at 300° for 2 hours.

RICE CASSEROLE

Lil Moore
Las Vegas, Nevada

- | | |
|----------------------------|--|
| 3 c. cooked rice | 1/2 lb. monterey cheese |
| 3 c. sour cream | 1 c. Cheddar <u>or</u> longhorn cheese |
| 1 can Ortega diced chilies | |

Mix and put into loaf pan. Salt and pepper, then sprinkle with paprika. Bake at 400° for 1/2 hour.

SAUSAGE CASSEROLE

Ruby Austin
Florence, Mississippi

- | | |
|---|---|
| 1 box chicken Rice-A-Roni
(prepare as directed on the box) | 1 can cream of chicken soup |
| 1 lb. mild sausage (cook and drain any fat) | 1 lb. any cheese (grated - hold out 1 c.) |

Combine all ingredients. Pour into casserole dish. Sprinkle remaining cheese on top and bake in 350° oven until cheese has melted. Serves about 12 or 15 servings -- very good!

SPANISH RICE

Betty Milton
Valley City, North Dakota

- | | |
|--|-----------------------------------|
| 1 c. raw rice | 1 can whole kernel corn <u>or</u> |
| Crumble hamburger into rice
(1 1/2 lb.) | 1 pkg. frozen corn |
| Slice onion rings <u>and</u> green
peppers (if desired) | 1 large can tomato juice |
| | Season to taste |

Bake at 350° for 1 hour or more. Serves 5.

RICE BROCCOLI CASSEROLE

Sandy Gebhardt
Box Elder, South Dakota

- | | |
|-----------------------------|-------------------------------|
| 1/2 c. onions (chopped) | 1/2 c. celery (chopped) |
| Saute' | |
| 1 c. raw rice (cook) | 2 cans cream of mushroom soup |
| 2 pkgs. frozen broccoli | 1 small jar of Cheez Whiz |
| 1 can cream of chicken soup | |

Line the casserole with rice. Mix the uncooked broccoli, soup, onions, celery and Cheez Whiz together. Pour over rice. Sprinkle with paprika. Bake 1 hour at 375°.

RODEO SUPPER DISH

Jackie Kjos --
Ft. St. John, British Columbia

Brown 2 to 3 lbs. hamburger in Dutch oven. Layer 2 to 4 cups of potatoes (sliced) over the meat, then slice onion. Add 1 to 2 c. cooked rice (optional). Salt and pepper well.

Over all this pour 1 or 2 cans of tomato soup or canned tomatoes. Cook 1 1/2 to 2 hours at 350°.

SOUKI AIKI WITH RICE

Floyma Sutterfield
Greenbrier, Arkansas

- | | |
|----------------------------------|------------------------------|
| 1 1/2 lbs. ground beef <u>or</u> | 1 large onion (sliced thin) |
| 1 round steak (cubed) | 1/3 c. bell pepper (chopped) |

Combine these ingredients in skillet and let the meat brown slowly.

Into saucepan simmer 1 1/4 c. rice (makes about 2 1/2 c.) Cook until tender. Drain rice in colander, rinse in cold water. Steam in colander on top of pan of boiling water. (This will make the rice dry and fluffy.) Add the dry cooked rice to meat and onions, then add 1/2 a small bottle of soy sauce. Simmer 2 minutes and serve hot. DO NOT add salt as the soy sauce is very salty.

SPANISH DINNER

Mrs. Merle Flinn
St. George, Kansas

- | | |
|-----------------------------------|--------------------------|
| 1 lb. ground beef (browned) | 1 small onion (chopped) |
| 1 can tomato paste (6 oz.) | 1 small can tomato sauce |
| 3 cans tomato sauce cans of water | 2 T. sugar |
| 2 cloves crushed garlic | 1 tsp. Ac'cent |
| 1 tsp. chili powder | 1 tsp. oregano |
| 1 tsp. salt | 1 tsp. cumin seed |

Simmer slowly 40 minutes. Add 1 c. cooked rice and serve over Fritos. Add garnishes as desired: lettuce, tomato, green onion, grated cheese, chopped ripe olives, chopped boiled eggs and taco sauce.

I fix sauce at home, then heat at rodeos while fixing the garnishes and it is very simple and quick. This is very filling and a meal by itself.

TACO CASSEROLE

Janice High
Bozeman, Montana

- | | |
|----------------------------------|----------------------|
| 1 medium can tomatoes with juice | Chopped lettuce |
| 3/4 box Velveeta cheese | Chopped tomatoes |
| 1 1/2 lb. ground beef | Avocado |
| Chopped onions | Dorito chips (1 bag) |
| Chopped celery | |

Continued on next page.

TACO CASSEROLE (Continued).

Melt over very low heat the can of tomatoes, and 3/4 box of Velveeta cheese. Brown together beef, onions and celery. While the above is cooking layer in a large casserole dish: Chopped lettuce, chopped tomatoes, avocado. Pour meat mixture over this and then crushed Dorito chips. Pour cheese mixture over this and top with more crushed Dorito chips. Ready to serve.

When serving dip clear down to the bottom of the casserole dish and lift up so you get all layers of goop.

TALLARENE

Steve Prince
Deer Park, Washington

- | | |
|-------------------------|-----------------------------|
| 1 lb. ground beef | 2 c. uncooked noodles |
| 1 medium onion (minced) | 2 c. whole corn |
| 1 c. tomato soup | 1 c. ripe olives (optional) |
| 1 c. cold water | 1 c. grated cheese |
| 1 tsp. salt | |

Brown meat and onion. Add all the other ingredients in a heavy fry pan and put cheese on top. Cook over low heat 20 minutes or until the noodles are done. Serves 8.

TUNA AND CHIP CASSEROLE

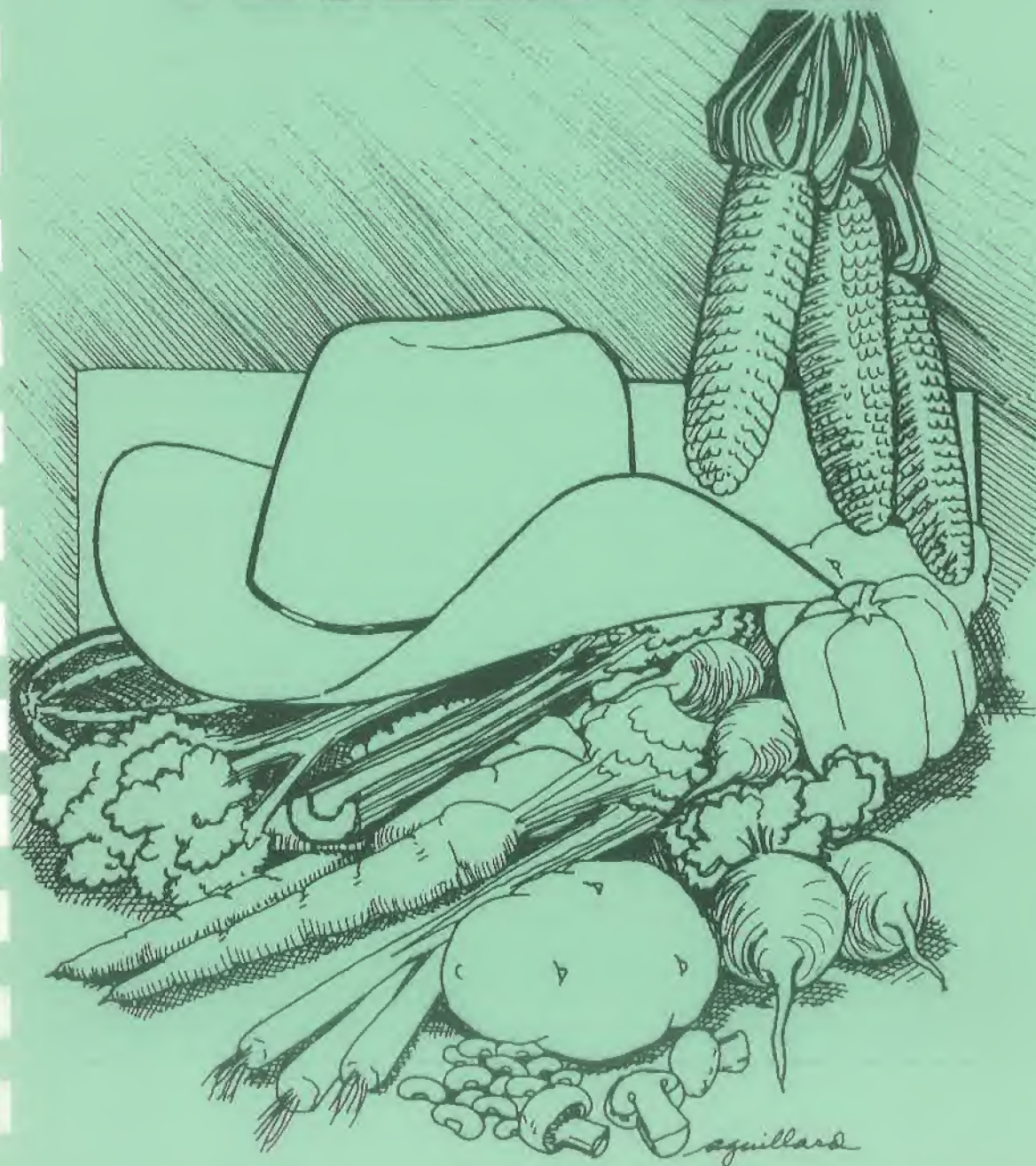
Mrs. Jerry Zeise
Green Bay, Wisconsin

- | | |
|---------------------------------------|------------------------------|
| 1 can cream of chicken soup | 1/2 c. salad dressing |
| 2 (7 oz.) cans white tuna
(flaked) | 1/2 tsp. salt |
| 1 c. finely diced celery | 1/4 tsp. pepper |
| 1/4 c. finely chopped onion | 3 hard cooked eggs (chopped) |
| | 1 c. crushed potato chips |

Mix all ingredixnts except the eggs and chips. Fold in eggs and half the chips. Put into casserole or shells. Top with remaining crushed chips. Bake at 375° for 45 minutes. Serves 4 to 6. This is a great ladies luncheon dish.

* * * * *

VEGETABLES





VEGETABLES

BORSCHT (Beet Soup)

Mrs. L. Chmielewski
Monte Creek, British Columbia

Pork hocks
Fresh carrots (sliced)
Green onions (chopped)
String beans from garden
Young beets (leaves and stalks)
White beans (about 1/2 c. or less)

1 small bay leaf
Salt and pepper
Pinch of fresh dill
1 or 2 T. vinegar
Sour cream

In a 4 to 6 qt. kettle completely cover hocks with cold water, add the white beans, bay leaf, green onion or regular type onion (chopped). Boil gently until meat (hocks) are well done, stir occasionally while bones are cooking. Lift out meat and bones. Skim broth of any foam or fat. Chop up all meat from bones and return to broth - discard the bones.

Add carrots, string beans and lots of peeled raw beets that have been cut in long thin strips or diced - also chop some leaves and stalks. Add to soup also. Now add a wee pinch of chopped dill, salt and pepper. Cook gently until the vegetables are almost done, add the vinegar and cook until the vegetables are done. Make a thickening of cornstarch and cold water. Add slowly to soup while boiling, just to very slightly thicken. Cook a minute or two. Remove from heat and mix some of the hot soup to about 1 c. of sour cream in a separate bowl. Mix together, now add slowly to soup while stirring gently.

GREEN BEANS SUPREME

Myrna Maffett
Ninety-six, South Carolina

1 lb. green beans or
2 (9 oz.) pkgs. frozen
French style green beans
1 small onion (sliced)
1 T. snipped parsley
3 T. butter
2 T. all-purpose flour

1/2 tsp. finely shredded lemon peel
1/2 c. milk
1 c. dairy sour cream
1/2 c. shredded American cheese
1/4 c. fine dry bread crumbs

Continued on next page.

GREEN BEANS SUPREME (Continued).

Cut fresh green beans French style and cook until crisp tender. Or, cook frozen beans according to the package directions. Drain. Cook onion and parsley in 2 T. butter until onion is tender. Blend in flour, lemon peel, 1/2 tsp. salt and dash of pepper. Add milk. Cook and stir until thickened and bubbly. Stir in sour cream and cooked beans. Heat until just bubbly. Spoon into 1 qt. casserole and sprinkle with cheese. Melt the remaining 1 T. butter, toss with bread crumbs and sprinkle atop beans. Broil 4 to 5 inches from heat until the cheese melts and crumbs brown (1 to 2 minutes). Makes 8 servings.

DORA'S BEAN RECIPE

Shari Wenbourne
Taber, Alberta

1 (28 oz.) can pork and beans	1/4 c. molasses
1/2 lb. bacon	1/4 c. syrup
1 medium onion	2 T. Worcestershire Sauce
1 green pepper (optional)	1 c. ketchup
1 can chunk pineapple and juice	

Cut bacon in small pieces and fry. Also fry diced onion and green pepper. Mix rest of the ingredients and bake at 300° for 2 hours. Could be longer if using a bean pot.

HEARTY BAKED BEANS

Jackie Kjos
Ft. St. John, British Columbia

1 c. sliced onion	1 T. mustard
1 (3 oz.) can deviled ham	1/4 tsp. salt
2 T. molasses	2 tomatoes (sliced) <u>or</u> 1 (14 oz.)
2 (14 oz.) cans pork and beans	can of tomatoes (drained)
2 T. fat	

Brown onion in fat. Combine all ingredients except tomatoes. Layer bean combination alternately with sliced tomatoes - ending with a layer of tomatoes on top. Bake in oven for 30 minutes at 375°.

PINTO BEANS "BASQUE STYLE"

Douglas H. S. Rodeo Club
Gardnerville, Nevada

(Serves 8 to 10)	
1 lb. pinto beans	1 small can diced Ortega green
1 large chunk salt pork <u>or</u>	chilles
bacon (6 to 8 slices)	3 cloves of garlic (chopped)
2 (16 oz.) cans whole tomatoes	3 T. chilli powder

Continued on next page.

PINTO BEANS "BASQUE STYLE" (Continued).

Cook pinto beans until done. Do not add salt. Cut the salt pork or bacon into small pieces and fry in a heavy pan or skillet. Add garlic, chilles, tomatoes and chili powder. Mash tomatoes, stir all together. Bring to full boil. Reduce heat and cover. Simmer for 30 minutes. Add to beans and simmer for one more hour. Salt and pepper to taste. Serve with French bread.

BROCCOLI CASSEROLE

Chris Terrell
Memphis, Tennessee

- | | |
|--|--|
| 4 T. oleo (melted) | 3/4 c. American cheese |
| 1/2 small onion cooked in
oleo until soft | 1/4 c. Parmesan cheese |
| 4 T. flour added to enough
milk to make a medium white
sauce | 1 egg stirred in when it thickens
(Cool -- if time) |

In the meantime cook 3 pkgs. frozen chopped broccoli in salt water. Drain and add to sauce. Place in casserole (9x9 inch). Place grated fresh bread crumbs on top and bake 1/2 hour at 350°.

BROCCOLI CASSEROLE

Norma Maher
Reno, Nevada

- Cook 2 boxes frozen broccoli and drain. Add:
- | | |
|---------------------|------------------------|
| 1 can mushroom soup | 1 egg (beaten lightly) |
| 1 c. mayonnaise | |
- Butter an 8x11 inch casserole. Add the broccoli mixture. Cover with cracker crumbs (coarsely broken) and dot with butter. Bake at 350° until bread crumbs brown - about 1/2 hour.

BROCCOLI CHEESE CASSEROLE

Harold McCain
NHSR '78 Calf Roping Champ
Idabel, Oklahoma

- | | |
|---|------------------------------|
| 1 small box rice <u>or</u> 2 c.
cooked | 2 c. thawed chopped broccoli |
| 2 cans cream of mushroom
soup | 1 medium onion (chopped) |
| 1 (16 oz.) jar Cheez Whiz | 1/2 stick of margarine |

Continued on next page.

BROCCOLI CHEESE CASSEROLE (Continued).

Cook the rice and set aside. Saute' the onion in margarine. Add broccoli, soup and rice, then add the Cheez Whiz. Mix together in a large casserole dish. Bake at 375° for 30 to 45 minutes.

GREEN RICE OR BROCCOLI CASSEROLE

Dorothy Hutto
Cleveland, Texas

- | | |
|---------------------|-------------------------------|
| 1 c. cooked rice | 1 pkg. chopped broccoli |
| 1/2 c. diced celery | 1 can of mushroom soup |
| 1/2 c. onions | 1/2 jar Cheez Whiz |
| 1/2 stick oleo | 1 small pkg. slivered almonds |

Saute' the celery, onions in oleo, mix all ingredients together (rice last). Cook at 350° for 20 minutes - makes approximately 8 servings.

CABBAGE CASSEROLE

Mary Miller
Apache, Oklahoma

- | | |
|-----------------------|---------------------------------|
| 6 c. shredded cabbage | 1 stick oleo |
| 2 c. milk | 3 T. flour |
| 12 soda crackers | Salt <u>and</u> pepper to taste |

Wash the cabbage, cover with water and put into pan. Steam until wilted. Make a white sauce of 1/2 stick oleo and 3 T. flour. Add milk, stir until smooth. Roll crackers and add the other 1/2 stick of oleo.

Layer cabbage in baking dish, top with a layer of white sauce. Continue until all is used - ending with white sauce. Top with crackers. Bake 45 minutes at 325°.

BAKED CAULIFLOWER

Mrs. Jerry Zeise
Green Bay, Wisconsin

- | | |
|---|---------------------------------------|
| 1 large head <u>or</u> 2 small heads of cauliflower | 1 c. grated Cheddar cheese |
| 1 can cream of celery soup | 1/2 c. bread crumbs (fried in butter) |
| 1/2 soup can of milk (or more) | |

Separate small heads on cauliflower. Arrange in baking dish and add celery soup mixed with milk over cauliflower. Sprinkle with grated cheese and bread crumbs on top. Bake 350° for 30 to 40 minutes or until tender. Bake uncovered.

SPANISH CORN

Donna Miller
Atascadero, California

2 cans creamed corn	2 T. butter
1 can pimientos	1 tsp. salt <u>and</u> pepper
1 can green chiles	1 lb. grated Tillamook cheese

Mix the corn, pimientos, green chiles, butter, salt and pepper. Sprinkle grated cheese on top and bake at 350° for 15 minutes with lid on and 45 minutes with the lid off. Stir occasionally. You can make this a day ahead!

SOUTHERN CORN PUDDING

Chris Terrell -
Memphis, Tennessee

(6 portions)

4 ears of corn	3 eggs (lightly beaten)
2 tsp. sugar	2 c. milk
1 1/2 tsp. salt	2 T. butter <u>or</u> margarine
1/8 tsp. ground black pepper	

Remove husks and silk from corn. Cut kernels off cob. (Makes about 3 c.) In a mixing bowl combine the corn with sugar, salt and black pepper. Add eggs and mix well. Heat milk with butter. Stir into corn mixture.

Turn into a buttered quart casserole. Place in a pan containing an inch of hot water. Bake in a preheated slow oven (325°) for 1 hour or until a knife inserted in the center comes out clean. Garnish with parsley if desired.

EGGPLANT AND OYSTERS

Mrs. Claude Mullins
Hallettsville, Texas

1 medium to large size eggplant	1/2 tsp. salt
4 T. chopped onion	1 pt. oysters
1/4 c. butter	1/2 c. light cream
1/2 c. dry bread crumbs	

Peel and cut eggplant in 1 inch cubes. Cook in boiling salted water until soft. Drain. Saute' onion in butter until yellow. Add bread crumbs and salt to butter. Heat oysters slowly in their own liquid until edges curl. Butter casserole. Put in layer of eggplant, then crumbs, then oysters. Repeat with crumbs on top. Cover with light cream. Bake at 325° until brown on top.

LENTIL SOUP

Joey Schluneger
Colfax, Washington

1 chopped onion

2 carrots

1 large potato

1 c. celery (use leaves and
small stems)

Use lentils and liquid leftover
from Ranch style lentils or use
1 c. lentils

6 c. water or broth

6 bouillon cubes of beef tea

Put all ingredients into large kettle. Cook at least 1 hour.
If broth is used instead of water, omit bouillon. Season to suit
your taste.

RANCH STYLE LENTILS

Joey Schluneger
Colfax, Washington

4 c. cooked lentils

Wash 1 (2 lb.) pkg. of lentils in strainer, then boil for
1 hour covered with water or until lentils are tender. Drain and
measure 4 cups. Save the rest for soup.

1 envelope onion soup mix

1 c. catsup

1 lb. ground beef

1 c. water

1/2 c. cooking oil

1 tsp. vinegar

Tsp. prepared mustard

Brown beef in oil, add the rest of the ingredients. Bake 30
minutes in 400° oven. Serves 8 to 10. May be frozen and reheated.
If ground beef is very fatty omit oil to brown.

ONION CASSEROLE

Mrs. George H. Vincent
Sulphur, Louisiana

Slice 4 lbs. large white onions in thin slices. Cover with
cold water and bring to a boil. Drain well. Cover with cold water
again and salt to taste. Boil until just tender - not mushy.
Drain well again.

In the bottom of shallow casserole melt 1/2 stick butter or
oleo. Add onions, toss and season with red pepper. Let cool com-
pletely. Top with 3/4 lb. Velveeta cheese (grated). When ready
to bake, top with 30 crushed Ritz crackers. Heat until bubbly in
350° oven. May be prepared a day in advance but do not top with
crumbs until ready to bake.

Good dish with turkey, roast or fish - NO onion flavor.

POTATOES

Mrs. Harold Peterson
Filer, Idaho

5 large potatoes (cut into
wedges and place in single
layer in casserole)
1/2 c. melted butter (pour
over potatoes)

Mix in a small bowl:
1/2 c. grated cheese
1/4 c. dry bread or cracker
crumbs
1 tsp. paprika
1 1/2 tsp. salt

Sprinkle over the potatoes and cover. Bake at 425° for 30
minutes - the last 10 minutes uncover.

GUMMIES

Pat Isenberger
Gillette, Wyoming

Pare potatoes you will need. Grate them - add 1 tsp. sugar for
3 potatoes.

Have skillet ready with enough lard to cover pan when hot.
Add the grated potatoes, salt, pepper to taste - do not stir.
Turn heat so it will not burn. When good and brown on one side
flip over like a pancake and cook the other side until good and
brown.

Using a large skillet is best - they come out like a pan-
cake - crisp and crunchy on the outside. Use garlic salt as an
added flavor.

IDAHO POTATO SOUP

June Edmondson
Horseshoe Bend, Idaho

12 potatoes
6 onions

1 gallon of milk
2 qts. sour cream

Cut up the potatoes and onions. Cook - add milk and cream
and heat. You can add bread crumbs or croutons to the top.
Serves 7.

CREAMED GREEN PEAS AND NEW POTATOES

Chris Terrell
Memphis, Tennessee

(Makes 4 to 6 servings)

1 1/2 lbs. tiny new Irish
potatoes (about 15)
1 1/2 lbs. fresh peas (about
1 1/2 c. shelled)

1 (4 oz.) carton chive flavored
whipped cream cheese
1/4 c. milk
1/4 tsp. salt

Continued on next page.

CREAMED GREEN PEAS AND NEW POTATOES (Continued).

Scrub potatoes to remove any grit, using a stiff vegetable brush. Pare off a narrow strip of peel around center of each. (This makes for quicker cooking). Cook in boiling salted water until just done (15 to 20 minutes). Drain.

Meanwhile cook the peas in boiling salted water until just done (8 to 15 minutes). Drain.

Blend whipped cream cheese with milk. Place over moderate heat and heat until warm, but not boiling. Combine potatoes and peas in serving dish. Pour sauce over them, adjust with salt if needed.

CANDIED SWEET POTATOES

Chris Terrell
Memphis, Tennessee

(6 to 8 servings)

4 large sweet potatoes (cooked and halved)	3/4 c. orange juice
1/4 c. melted butter	1/4 tsp. salt
3/4 c. honey	1 T. cornstarch

Place potatoes in greased 8x8x2 inch pan. Blend butter, honey, orange juice, salt and cornstarch. Cook until slightly thickened, stirring constantly. Pour over potatoes and bake at 450° for 10 minutes.

SUMMER SQUASH CASSEROLE

Mrs. Nelson Mackey
Ignacio, Colorado

6 c. sliced yellow <u>or</u> zucchini squash	1 c. shredded carrots
1/4 c. chopped onion	1 (8 oz.) pkg. herb stuffing mix
1 can cream of chicken soup	1/2 c. butter
1 c. sour cream	

Cook the squash and onion in salted boiling water for 5 minutes. Drain. Combine stuffing mix and butter. Spread 1/2 stuffing mix in bottom of a 12 x 7 x 2 inch baking pan. Add the carrots, soup and sour cream to the squash-onion mixture. Put this in the baking pan and top with the remaining 1/2 of the stuffing mix. Bake at 350° for 25 to 30 minutes.

Whoever has a heart full of love always has something to give.

VEGETABLE CASSEROLE (Serves 16)Betty Keffeler
Sturgis, South Dakota

2 (10 oz.) pkgs. broccoli spears (cooked)	1 can of mushroom soup
2 (10 oz.) pkgs. cauliflower (cooked)	2 c. grated American cheese
2 (10 oz.) pkgs. Brussels sprouts (cooked)	Mushroom slices
	Almond slices

Mix all together in a casserole dish. Bake 25 to 35 minutes at 350°.

WESTERN LOVE APPLESPat Isenberger
Gillette, Wyoming

1 can stewed tomatoes	1 broken up slice dry bread
1 tsp. sugar	

Add:

Use your leftover bacon (crumbled) or saute' 3 strips of bacon with 2 T. onions (chopped). Crumble bacon and mix all together. Heat.

* * * * *

ADDITIONAL RECIPES

MISCELLANEOUS



Amy '79

MISSISSIPPI



BEVERAGES

BANANA PUNCH

Patti Prosser
Warren, Oregon

- | | |
|--------------------------------|---------------------------------|
| 1 large can of pineapple juice | 3 bananas |
| 1 c. sugar | 1 small can frozen orange juice |
| 3 1/2 c. water | 1 small can lemonade |
| | 1 small pkg. Jello (for color) |

Blend in blender and freeze. Thaw about 2 hours before serving. Pour in 2 qts. of 7-Up or ginger ale just before serving.

HOT CHOCOLATE

Wilma Hope
Lithonia, Georgia

- | | |
|---------------------------|-----------------------------|
| 8 qt. instant milk | 1 lb. Nestle's Quik |
| 1 (6 oz.) jar Coffee-mate | 1/2 c. confectioners' sugar |
- Use 1/3 c. mixture to 1 c. hot water.

HOT CHOCOLATE MIX

Mrs. John Hutson
Sparta, Wisconsin

- | | |
|--|---------------------------|
| 1 (8 qt.) box instant dry milk | 1 (6 oz.) jar Coffee-mate |
| 1 (1 lb.) box Nestle's instant chocolate | 1 1/2 c. powdered sugar |

Mix all ingredients together and store in large container. Use about 1/4 or 1/3 c. mix to 1 c. hot water.

EASY PARTY PUNCH

Elko H. S. Rodeo Club
Elko, Nevada

- | | |
|---|--|
| 1 (No. 303) can crushed pineapple (drained) | 1 c. grenadine syrup |
| 12 oz. strawberries (fresh or frozen) | 6 (7 oz.) bottles carbonated lemon-lime beverage |

At serving time combine the berries and pineapple in a punch bowl. Add the pineapple juice and grenadine, then slowly pour in the carbonated beverage. Add two trays of ice cubes and garnish with curls of orange rind. Serves 30.

An old-timer remembers when a pie was set on the
windowsill to cool, not thaw!

IDAHO SLUSH

Mrs. Harold Peterson
Filer, Idaho

9 c. water

1 c. sugar

Mix the above and simmer for 15 minutes. Cool and add:

12 oz. frozen lemonade

1 pt. gin or vodka

12 oz. frozen orange juice

Mix together well and freeze. Stir once while freezing. To serve: Put 2 scoops in an old-fashioned glass. Fill with 7-Up. This can be made ahead and kept in the freezer.

MEXICALLY PUNCH

Evelyn Starkey - Arkansas

Bring to a boil:

2 c. water

2 c. sugar

Let cool, then add 1 large can of pineapple juice. Fill the juice can once with prepared tea. Add 1/2 c. lemon juice and enough red food coloring to make a pretty color. Chill and serve.

ORANGE JULIUS

Steve Prince -
Deer Park, Washington

1 (6 oz.) can frozen orange
juice

1/4 c. sugar

1 c. milk

1 tsp. vanilla

1 c. water

12 ice cubes

Place in blender and blend for 30 seconds. Makes 40 oz.

"RUSHIN' TEA"

Pat Isenberger
Gillette, Wyoming

Combine to make dry mixture:

1/2 c. sugar

1 (3 oz.) pkg. lemonade mix
(Wyler's)

1/2 c. instant tea

2 c. Tang

1 tsp. cinnamon

Use 2 to 3 tsp. per cup of boiling water.

SUNSET PUNCH

Holly Sue Hemstrom
Spokane, Washington

1 c. orange flavored instant
breakfast drink

1 tall bottle ginger ale
Ice cubes

1 1/2 c. pineapple juice

Combine instant drink with pineapple juice in a 2 qt. punch bowl, stirring until completely dissolved. Add ginger ale and ice cubes. Serves 10 to 12.

HORS D'OEUVRES - SNACKS

PINEAPPLE WITH CHEESE DIP

JoAnn Jones

Morro Bay, California

1 large pineapple
Maraschino cherries
1 (8 oz.) cream cheese

6 T. water
1 T. soy sauce
1 1/2 c. shredded coconut

Cut the pineapple into bite sized pieces. Put one piece of pineapple and one cherry on a toothpick. Chill. Blend cream cheese, water and soy sauce. Dip pineapple into sauce, then coconut.

CRAB AND CLAM DIP

Mary Staley

Edwards, Illinois

1 lb. Philadelphia cream
cheese (soften)
2 T. soft butter
1/4 c. salad mayonnaise
1/2 lemon (juiced) or
1 T. lemon juice

1 can minced clam (drained)
1 can lobster or crab (drained)
1 tsp. grated onion
1/4 tsp. salt

Combine and mix well, chill 4 hours before serving.

VEGETABLE DIP

Dorothy Herberholz

Dickinson, North Dakota

1 tsp. dill weed
1 tsp. Bon appetit(Schilling)
1 T. dried parsley

1 T. dried onion
1 c. sour cream
1 c. mayonnaise

Combine and stir thoroughly. Will keep for weeks in the refrigerator.

CAJUN CRAB DIP

Eryline Nunez

Houma, Louisiana

4 blocks Philadelphia cream
cheese (8 oz.)
2 cans crab meat

1 block butter or oleo
Dash of garlic salt

Melt oleo or butter, cream in 4 blocks cream cheese. Mix crab meat and dash of garlic salt. Heat for 2 minutes and stir. Use low fire - serves about 30. Use with Escort crackers to dip.

CHILE CON QUESO

Jacque Halterman
Las Vegas Area High
School Rodeo Club
Las Vegas, Nevada

- | | |
|--|-------------------------|
| 1 (4 oz.) can diced green
chiles | 1 T. dried minced onion |
| 1 lb. Velveeta cheese
(cubed) | Corn chips |
| 1 (1 lb.) can whole tomatoes
(drained - finely chopped) | |

Heat all the ingredients except the corn chips together in a chafing dish, fondue pot or saucepan over low heat until the cheese is melted. Serve with corn chips. Serves a party of 12.

CREAMY SHRIMP REMOULADE

Myrna Naffett
Ninety-six, South Carolina

- | | |
|---|---|
| 6 T. minced parsley | 1 1/2 T. prepared horseradish |
| 6 T. minced shallots | 2 T. vinegar |
| 6 T. minced celery | 2 T. salad oil |
| 6 T. minced green pepper | 1 qt. mayonnaise |
| 1 1/2 tsp. minced garlic | 3 lbs. medium shrimp (cooked -
peeled - deveined and
chopped) |
| 3/4 c. <u>plus</u> 2 T. Creole
hot mustard | |

Combine all ingredients except mayonnaise and shrimp in container of electric blender; process about 1 minute. Stir mayonnaise and shrimp into blended mixture. Serve with melba toast rounds or crackers. Yields about 50 appetizer servings.
Note: To use as a tartar sauce omit the shrimp.

CHEESE LOAF

Mary Menking
Gonzales, Texas

- | | |
|---|---|
| 10 oz. cold process sharp
Cheddar cheese (soft cheese) | 1/2 of a 4 oz. pkg. blue
cheese (soft) |
| 12 oz. Philadelphia cream
cheese | 1 T. grated onion |
| | 1 tsp. Worcestershire Sauce |
| | 1/2 T. Ac'cent |

Shape the mixture into 3 balls or 3 logs. Roll in:
1/2 c. chopped pecans
Will freeze well.

PARTY CHEESE BALL

Eryline Nunez
Houmz, Louisiana

- | | |
|---------------------------------------|-----------------------------|
| 2 blocks Philadelphia cream
cheese | 2 tsp. Worcestershire Sauce |
| 4 oz. Cheddar cheese (grated) | 1/2 c. milk |
| 4 oz. blue cheese (crumbled) | |

Cream 2 blocks cream cheese. Mix in Cheddar cheese, bleu cheese, cream and add 2 tsp. Worcestershire Sauce and 1/2 c. milk. Mix and roll in a ball, then prepare 1 c. chopped pecans and 1/2 c. parsley flakes. Then roll the ball in this mixture. Put in the refrigerator for 1/2 hour. Serves about 25.

SAUSAGE BISCUITS

Keith Galloway
NHSR '78 Boys Cutting Champ
Ward, Arkansas

- | | |
|---------------------------------------|--------------------------|
| 1 c. grated cheese (mild or
sharp) | 3 c. instant biscuit mix |
| 2 c. ground sausage meat | |

Mix sausage meat and biscuit mix together. Stir cheese into mixture. Roll into small balls and bake at 325° for 30 minutes.

CHEESE BISCUITS

Myrna Maffett
Ninety-six, South Carolina

- | | |
|-----------------------------|--------------------|
| 2 sticks butter | 1 tsp. sugar |
| 3 c. self rising flour | 1/2 tsp. salt |
| 1 lb. New York sharp cheese | 1 tsp. dry mustard |

Roll batter into small balls, then press with a fork to flatten. Place pecan half on each one and bake at 350° for 10 minutes.

CHEESE STRAWS

Wilma Hope
Lithonia, Georgia

- | | |
|---|-------------------------|
| 1 stick margarine (1/2 c. at
room temperature) | 2 c. flour (unsifted) |
| 1/2 lb. sharp cheese (grated) | 3 dashes cayenne pepper |
| | 1 tsp. salt |

Continued on next page.

CHEESE STRAWS (Continued).

Combine margarine and cheese. Sift flour and salt and pepper. Mix well with hands, use star tip in cookie press. Turn out on ungreased cookie sheet. Bake in preheated 300° oven for 20 minutes. Makes 86 sticks.

OLIVE CHEESE BISCUITS

Wilma Hope
Lithonia, Georgia

1/2 lb. sharp cheese	Cayenne pepper
1/2 c. plain flour	Grate cheese (room temperature)
2 T. margarine	

Melt margarine and pour over grated cheese. Add flour and pepper, knead. Drain olives and wrap with biscuit mix. Bake at 400° for 15 minutes. Makes 4 dozen.

SALAMI WEDGES (hors d'oeuvres)

Mrs. Harold Peterson
Filer, Idaho

Cream cheese	Salami slices
--------------	---------------

Soften the cream cheese. Spread cheese over 9 slices of salami. Stack with salami on top and bottom. Cover and chill. Cut stack into 12 wedges. Serve with toothpick inserted in each wedge.

PARTY PIZZAS

Allison Sherrell
Oregon '78 H.S.R. Queen
Hermeston, Oregon

2 pkgs. English muffins	1/3 c. olive oil
1 can chopped Ortega green chillies	3 green onions (chopped)
1 can sliced black olives	2 c. Cheddar and monterey jack cheese (mixed)
1 (8 oz.) can tomato sauce	

Mix the above ingredients and spread on the English muffins. Broil them until the edges turn brown.

PIZZA MUFFINS

Pam Brown
Williston, North Dakota

1/2 English muffin	4 slices pepperoni
Tomato sauce	Mozzarella cheese

Continued on next page.

PIZZA MUFFINS (Continued).

Spread a layer of tomato sauce onto desired thickness.
Add pepperoni or any other kind of meat. Cut strips of cheese and layer over meat. Broil for about 3 to 5 minutes or until the cheese is melted.

MINI PIZZAS

Jan Moffit
Condon, Oregon

English muffins (split)

Spread with Seafood sauce and Miracle Whip.

Layer 2 thin pastrami lunch meat on top of sauce. Top with cheese and broil until bubbly.

COWBOY PIZZA

Lil Moore
Las Vegas, Nevada

1 lb. Cheddar or longhorn
cheese

1 can tomato sauce

1/4 c. Wesson oil

1/4 tsp. garlic powder

1 small can chopped olives

1 can Ortega chopped green
chilies

Mix in a bowl. Take a loaf of sour dough bread (sliced).
Spread mixture over slices and place on cookie sheet. Bake at
350° for 10 minutes.

SHRIMP COCKTAIL

Patti Prosser
Warren, Oregon

1 c. sliced green olives

1/2 c. chopped onions

3 T. Worcestershire Sauce

1 bottle cocktail sauce

Combine ingredients.

1 c. chopped celery

2 cans shrimp or crab

2 T. lemon juice

1/2 bottle catsup

PARTY MIX

Suzanne Voigt
N. Dakota '78 H.S.R. Queen
Dickenson, North Dakota

6 T. butter or margarine

4 tsp. Worcestershire Sauce

1 tsp. seasoned salt

2 c. Corn Chex

2 c. Rice Chex

2 c. Wheat Chex

3/4 c. mixed salted nuts

Continued on next page.

PARTY MIX (Continued).

Heat the oven to 250°. Melt margarine in shallow pan over low heat. Stir in Worcestershire Sauce and the seasoned salt. Add cereal and nuts. Mix over low heat until all pieces are coated.

Heat in the oven 1 hour. Stir every 15 minutes. Spread out on absorbent paper to cool. Yields 6 3/4 c.

NUTS AND BOLTS (Snack)

Mrs. Karl Richardson
Pasco, Washington

- | | |
|-----------------------------|--------------------------|
| 1 box Cheerios | 1 box pretzel stix |
| 1 box Kix | 1 box Chex (any) |
| 1 lb. pkg. peanuts | 1 lb. margarine (melted) |
| 2 tsp. celery salt | 2 tsp. garlic salt |
| 2 tsp. Worcestershire Sauce | |

Mix cereals in large pan. Mix melted margarine with peanuts, garlic, celery salt, Worcestershire Sauce. Pour over the cereals. Stir occasionally. Bake at 230° oven for 1 hour. Stir every 15 minutes.

CANDY**BAKED CARAMEL CORN**

Norma Brown
Rufus, Oregon

- | | |
|--|-------------------|
| 1 c. butter (melted) | 1/2 c. corn syrup |
| 2 c. brown sugar | 1 tsp. salt |
| Stir and boil for 5 minutes. Remove from heat and stir in: | |
| 1 tsp. soda | 1 tsp. vanilla |

Prepare 6 qts. of popped corn. Pour caramel over corn and stir. Turn into 2 large roasting pans. Bake at 250° for 1 hour. Stir every 15 minutes. Remove from oven, cool and break apart.

SNACK FAVORITE

Dorothy Hutto
Cleveland, Texas

- | | |
|----------------------------|----------------|
| 2 qts. popped corn | 1 1/3 c. sugar |
| 1 1/3 c. pecans | 1 c. margarine |
| 2/3 c. almonds | 1 tsp. vanilla |
| 1/2 c. crystal clear syrup | |

Continued on next page.

SNACK FAVORITE (Continued).

Mix the popped corn and nuts on a cookie sheet. Combine sugar, margarine and syrup in a 1 1/2 qt. saucepan. Bring to a boil over medium heat stirring constantly. Boil 10 to 15 minutes, stirring occasionally or until mixture turns a light caramel color. Remove from heat, stir in the vanilla. Pour over corn and nuts. Mix to coat well. Spread to dry. Break apart, store in tightly covered container. Makes about 2 lbs.

CHOCOLATE CHIP FUDGE

Cheryl McPherson
Sturgis, South Dakota

48 marshmallows

Dash of salt

1 T. water

1/2 c. butter or oleo

Mix and boil. Stir, boil 1 minute. Remove from fire, stir in:

1 c. chocolate chips

1 c. nuts (if desired)

1 tsp. vanilla

Pour onto greased plate and chill until set.

BEST EVER FUDGE

Jacque Halterman
Las Vegas, Nevada

3 (4 oz.) plain Hershey bars

1 T. margarine or butter

1 (12 oz.) pkg. chocolate
chips

1 lb. chopped walnuts

1 tsp. vanilla

1 (7 oz.) jar Marshmallow
Crema

4 1/2 c. sugar

1 can evaporated milk

Mix the following ingredients in a 6 to 8 qt. container: the Hershey bars, chocolate chips, vanilla, Marshmallow Crema, and margarine. Mix the following ingredients in a 4 to 6 qt. saucepan:

4 1/2 c. sugar and 1 can of milk

Let the sugar and milk come to a boil. After it starts to boil cook for 6 minutes.

Pour mixture of sugar and milk over remaining ingredients and blend until smooth and creamy. After mixture is completely blended add the chopped nuts. Fold in nuts, then drop balls of the mixture onto waxed paper with a T. Can be poured into a buttered cake pan. Let stand 4 to 6 hours.

Note: For Peanut Butter Fudge omit the chocolate chips and add peanut butter chips.

ROCKY ROAD FUDGE

Stacey Cole
Sunset, Louisiana

1 (6 oz.) pkg. semi-sweet chocolate chips 1 can sweetened condensed milk

Heat until melted together and put into a large bowl. Add 1 bag of miniature marshmallows and 1 c. chopped pecans. Pour into 2 (9x9 inch) pans.

CHOCOLATE FUDGE

Willyhugh Pulver
Sulphur, Louisiana

Place over low heat, stirring until chocolate is melted and the mixture smooth:

2 c. milk	Stir in:
3 to 4 sq. unsweetened chocolate (3 to 4 oz. cut up or use 3 to 4 T. cocoa)	4 c. sugar
	2 tsp. corn syrup
	Dash of salt

Cook gently, stirring from the bottom occasionally to 236° (a little dropped into cold water forms a soft ball). Remove from heat. Add 4 T. butter or oleo. Cool without stirring to lukewarm. Add 2 tsp. vanilla.

Beat until thick and no longer glossy. If desired, stir in 2 c. broken nuts. Pour into buttered pan and cut into squares. Makes about 2 lbs.

PEANUT BUTTER FUDGE

Mrs. James Jeanes
Redding, Iowa

2 c. white sugar	1 c. Marshmallow Creme
2/3 c. milk	1 c. peanut butter
1 tsp. vanilla	

Combine sugar and milk, cook to soft ball stage (235° on candy thermometer). Remove from heat and add flavoring, Marshmallow Creme and peanut butter. Mix well and fast. Pour into buttered pan. Cut into squares when firm.

PEANUT BUTTER FUDGE

June Edmondson
Horseshoe Bend, Idaho

1 c. milk	2 1/2 T. peanut butter
1 2/3 c. sugar	
2/3 T. butter	

Boil for 5 minutes, then add the following ingredients.

Continued on next page.

PEANUT BUTTER FUDGE (Continued).

2 c. marshmallows (mini) 1/2 c. nuts
 1 1/2 c. chocolate chips 1 tsp. vanilla
 Mix real well. Pour into buttered pan and chill.

WHITE FUDGE

2 1/4 c. sugar 2 T. butter
 1/2 c. sour cream 1 T. light corn syrup
 1/4 c. milk 1/4 tsp. salt
 Combine in saucepan. Boil 9 to 10 minutes (soft ball stage). Remove from heat until lukewarm (about 1 hour).
 Add:
 2 tsp. vanilla 1/3 c. candied cherries
 1 c. nuts
 Put into buttered pan.

MILLIONAIRES

Stacey Cole
 Sunset, Louisiana

Cover a well buttered cookie sheet with pecan halves. Melt 1 large pkg. of caramels in the top of a double boiler and pour over the nuts. Break up a king size Hershey bar and arrange on hot caramel. Spread the melting chocolate out evenly to cover the candy. Let cool and cut into squares.

COCONUT BON BONS

Steve Prince
 Deer Park, Washington

1/3 c. cold mashed potatoes 1 3/4 c. powdered sugar
 (one small boiled potato) 2 2/3 c. coconut
 Combine ingredients, knead and form into small balls.

Chill.

Using a small saucepan melt 1/4 bar of paraffin wax and 1 (6 oz.) pkg. of chocolate chips (1 c.) over hot water. Dip coconut balls using a toothpick into the chocolate. Place on waxed paper. Store in a covered container.

You can make peanut butter ones by changing 1/2 c. peanut butter where mashed potatoes are and drop coconut.

If you see someone without a smile - give him
 one of yours!

BOSTON CREAM CANDY

Alice Pollock
Tuttle, Oklahoma

2 c. sugar
2/3 c. Karo syrup (white)
1 tsp. vanilla
1/2 stick of margarine
1 pint whipping cream
1 c. nuts

Combine sugar, margarine, syrup and cream. Bring to a boil and boil until mixture forms soft ball. Remove from heat, add vanilla and nuts. Beat until candy loses sheen and begins to thicken. Pour into buttered dish and let cool. Cut into squares.

CHOCOLATE COVERED CHERRIES

Alice Pollock
Tuttle, Oklahoma

Maraschino cherries
1/3 c. white syrup
1/2 c. butter
1 lb. powdered sugar
1 tsp. vanilla
1/2 bar paraffin
1 (6 oz.) pkg. chocolate chips

Drain the cherries well. Mix sugar, syrup, butter and vanilla. Knead until smooth. Pinch a small piece off and wrap around each cherry. Place on buttered pan and chill several hours.

Melt paraffin and chips over hot water. Dip each fondant into mixture and place on buttered pan.

FRUIT LOOP COOKIES (Candy unbaked)

Kim Cowan
Pierre, South Dakota

14 oz. almond bark (melted)
2 1/2 c. Fruit Loops
2 1/2 c. Rice Krispies
2 c. colored marshmallows

Mix all together. Drop by heaped tsp. These are real easy - especially if you just melt the almond bark in a cake pan, then stir together quickly.

PEANUT PATTIE CANDY

Mrs. Lynn Franks
Buffalo, Oklahoma

2 1/2 c. sugar
2/3 c. white Karo syrup
1 c. cream (can use Milnot)
3 c. raw peanuts

Cook all ingredients to 260° on candy thermometer. Add 1 tsp. butter and 1 tsp. vanilla. Add a few drops of red cake color. Beat until creamy, then pour into buttered 9x13 inch pan. Break into pieces when cool.

SMALL FRY SNACKS

Stacey Cole
Sunset, Louisiana

1 (6 oz.) pkg. semi-sweet chocolate pieces (1 c.) 1 (7 oz.) jar Marshmallow Creme
4 c. peanut butter cereal

Melt the chocolate pieces over low heat. Combine Marshmallow Creme and chocolate. Mix well. Add the cereal, mix until well coated. With greased fingers press the mixture into greased 9 inch square pan. Chill and cut into bars. Store in the refrigerator.

DATE LOAF

Patti Prosser
Warren, Oregon

1 1/2 c. sugar 2 T. butter
3/4 c. milk

Boil until medium soft ball. Then add 1 small pkg. of dates and stir constantly until mixture drops from spoon. Remove from heat, add 2 c. chopped nuts. Roll in damp clean cloth and refrigerate. Remove cloth to slice and eat.

AUNT LOIS'S SUGARED WALNUTS

Lori Gunter
Las Vegas, Nevada

1 1/2 c. sugar 1 tsp. vanilla
1/4 c. honey 3 c. walnut halves
1/2 c. water

Combine the first 3 ingredients and cook to soft ball stage. Remove from heat and add vanilla and nuts. Stir until thick and creamy. Pour on waxed paper and break into bite sized pieces.

PEANUT BUTTER CUPS

(Unbaked)

Delpha Fairbanks
White River, South Dakota

2 sticks oleo (melted)

Remove from heat and add:

1 3/4 c. graham cracker crumbs 1 c. peanut butter
2 1/3 c. powdered sugar

Pat into a 9x13 inch pan. Melt 2 c. milk chocolate chips and frost on top. When chocolate is set, cut into squares. (These taste a lot like Reese's Peanut Butter Cups candy).

You can't steal second base with one foot on first!!

WILD RASPBERRY JAM

Evelyn Sim

Fort St. John, British Columbia

6 c. berries

6 c. sugar

Measure clean wild raspberries into large pan. Place over a moderate heat. Mash while they come to a boil. Boil for 2 minutes. Add warm sugar, stir and bring to a boil again. Boil for 1 minute. Remove from heat and beat with mixer for 4 minutes. Pour into sterilized glasses and seal.

ELEPHANT STEW

Grandma Merle Rustad

Kindred, North Dakota

1 medium sized elephant,

2 rabbits (optional)

Cut elephant into bite size pieces. This should take about 2 months. Salt and pepper to taste. Add enough water to make a rich brown gravy. Cook over a kerosene fire for about 4 weeks at 465°. This serves 3,812 people. If more people are expected, add the rabbits, but only if necessary because most people don't like hares in their stew.

* * * * *

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PHYLLIS HARRIS

DOROTHY SURRATT

GENERAL PUBLISHING AND BINDING

Iowa Falls, Iowa 50126

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